

50¢

MON
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One Section
14 Pages plus Supplements

the NOVI NEWS

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Ma Bell hears an earful on area code split

By JAN JEFFRES
Staff Writer

Michigan Bell is still weighing the pros and cons of splitting Novi by area codes in 1994. "Frankly, we have learned it's a done deal everywhere but Novi and Livonia," said Joe O'Connor, head of a citizens' committee that has studied the issue for eight months. Residents who could be shifted into a new area code are those now in the Farmington and Walled Lake exchanges, indicated by the first three digits of their telephone number. But they may not go without a fight. Homeowners from Village Oaks, Westminster and Willowbrook subdivisions, as well as Applegate Condominiums were organizing and swapping telephone numbers at the Thursday public hearing at Orchard Ridge Elementary School. These neighborhoods possibly face a street-by-street, house-by-

house great telecommunications divide. Most of Novi is in the Northville exchange and will keep the 313 area code. Katy Angesk, chairperson of the board of directors of Village Oaks Commons Area Association, says she plans to survey the area to learn what residents think about the proposal. Village Oaks has 570 homes. O'Connor — head of Market Research Analysts, a firm hired by Bell to work with the citizens' committee — volunteered to help. "Because we have such a large association with so many members, I think we can definitely have impact. There are so many people in Village Oaks. It sounds like they (Bell) are listening," she said. If all goes forward, some Village Oaks streets would have two area codes. The change will not impact phone rates, Bell says. "I will have to dial a different area code to

call my next-door neighbor. That makes absolutely no sense," Jim Antoskiak, legal liaison for the Village Oaks association, said. The citizens' committee, which includes government officials from Oakland, Macomb and Wayne counties, is expected to give a final recommendation to Michigan Bell in mid-June. The New Jersey-based Bell Corp., which assigns area codes, could have the new code for southeastern Michigan by August. Also slated for a split are Livonia, Wixom, St. Clair Shores and Farmington Hills. Due to increased technology such as cellular phones and population growth, the phone company says that without the change it will run out of telephone numbers here by 1995. "All Novi could be the same code — 313 — through a technology change. It's expensive. You must change the seven-digit number," O'Connor said.

"The company has normal operating costs. The committee was very sensitive to make a recommendation that would cost \$17 million. The fact is it's absorbed by the entire system." To shift all of Novi into the Northville exchange would require extensive re-wiring, he added. Those moving into the new exchange would have to give up their current telephone numbers. Angesk said that during informal talks with her neighbors in Village Oaks, those now in the Farmington exchange said they'd prefer to be placed in the Northville exchange with the rest of Novi, even if it meant adjusting to a new telephone number. "I think most people realize there's no impact on rates now. Many people suspect there may be a change of rates down the line," she said. "It's a tough call," O'Connor said, because

some people are not willing to switch phone numbers they've had for years. "The greatest nightmare we have as a committee is when we do the survey, it will come out even. There's logic on both sides of the issue." He added that Bell says if rates go up to accommodate keeping communities like Novi within one area code, it would cost all consumers "pennies." A second survey is planned of the communities most impacted, with a statistical reliability between "4 to 5 percent," he said. The final citizens' committee report to Bell will likely include a recommendation for extensive public education and a six-month "permissive period."

Continued on 4

Tour wild wetlands with city guides

By JAN JEFFRES
Staff Writer

Don your rubber boots Wednesday and feel the earth give way under your feet, as the city consultants lead a tour of Novi's wetlands. The squishy walk is in honor of American Wetlands Month, which was officially declared in town May 11 by Mayor Matthew Quinn. Novi will celebrate the event, sponsored by the National Wetlands Policy Forum, by encouraging residents to learn about and enjoy local wetlands. On May 20 at 1:30 p.m., water resources specialists Almee Kay and Susan Tepatti from JCK & Associates will lead the free hike. Everyone is invited to come to get a closer look at what remains of undeveloped Novi. Meet at Lakeshore Park on South Lake Drive. The tour will begin from the park. Wear old clothes and waterproof boots if possible and bring binoculars. For more information, call Cindy Stewart at 347-0494. Continuing as a part of the celebration is a display on the environmental value of wetlands at the Novi Public Library through May 31. Although an estimated one-half of the wetlands in the lower 48 United States have been destroyed, the marshes, swamps and bogs are now recognized as some of the most productive natural areas in the world. They are habitats for wildlife such as herons, egrets, muskrat, fish and shellfish. Beyond that, the wetlands assist the human community as a form of flood control, by absorbing heavy rains and slowly releasing them.



Photo by BRYAN MITCHELL

Walk this way

May is National Fitness Month, an idea not lost on the kids at Orchard Hills Elementary School. All of the students and staff at the school took a break at 10 a.m. last Wednesday for a fitness walk in front of the school

and around the neighborhood. The kindergartners walked a half mile, and everyone else walked a mile. The walk was organized in conjunction with Project ACES (All Children Exercising Simultaneously).

Bill could mean smaller tax hikes

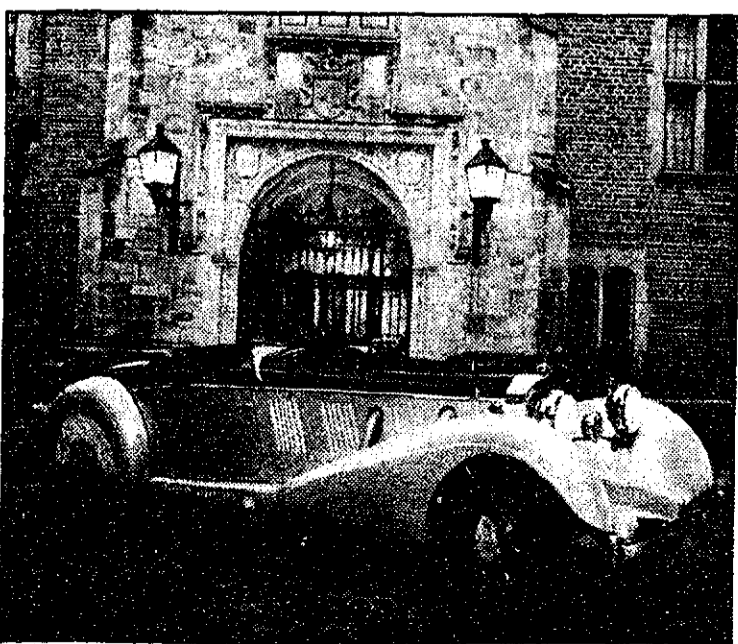
By SUZANNE HOLLYER
Staff Writer

Novi school district taxpayers could see a smaller tax bill than expected next time around. A school aid bill met with surprising defeat in the state senate last week. The bill would have cost Novi about \$250,000 more than district officials now expect to lose during the 1992-93 school year. Superintendent William Barr estimated. To the taxpayer, that \$250,000 translates into about one-quarter of a mill. Barr had proposed to increase taxes by 1.5 mills from the current 27.63-mill levy. "It would appear to me we may be able to lower our request by a quarter of a mill," Barr said at a Thursday school board meeting. But the news is not all good. Trustee Raymond Byers, who serves on a legislative committee for the Michigan Association of School Boards, said state school funding likely will continue to move toward equity at the expense of districts like Novi. "I think we will continue floundering along, at least until the next fiscal year," Byers said. "It's not going to get any better." He said the failure of the senate bill was brought about by local people contacting their senators to complain about the legislation, which sought to rectify per-pupil spending differences among state school districts. Districts spend anywhere from \$2,500 to \$8,000 per student, depending on the district. School board members talked about using this year's excess revenue to increase the district's dwindling fund equity. The fund equity is a type of savings account the district maintains for use in times of crisis. The balance has been as high as 12 percent of the

district's budget. Last year it was 6.6 percent, this year it was decreased to 4.5 percent. In the proposed budget, the fund balance decreases to 4 percent. Much of the fund balance is not cash. For example, the worth of buses and other capital is tallied in the fund equity, as are delinquent taxes owed to the district. Board Vice President Robert Schram suggested the board decide on a fund equity balance and devise a budget that reaches the goal. "I'm concerned about the fund equity," Schram said, adding that the proposed 1.5-mill tax hike was a lower increase than the district expected to offer earlier in the school year. District officials predicted as recently as January they would need a 2-mill hike for the 1992-93 school year to maintain programs. Byers said he typically opposes increasing the fund equity. "I have a real problem raising the millage to have a savings account for the school district," Byers said. But Byers later commented that the district's fund balance had helped it to weather previous hits in its state aid allowance without asking voters for more money. "I think next year is going to be worse than this year," Byers said, adding he supports a 5 percent fund balance. Most board members agreed to have Barr devise a budget with 5 percent in the fund equity account. Byers asked Barr what would happen if the board refused to increase taxes at all beyond this year's rate. Barr said personnel would be lost causing class sizes to increase.

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Auction starts with party on wheels



This 1936 Mercedes 540K may sell for \$1 million

By JAN JEFFRES
Staff Writer

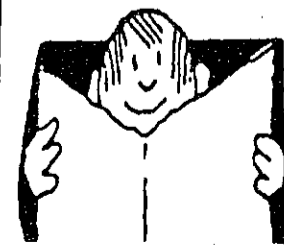
If you're a car buff with an extra \$1,000 rattling around in your wallet, or a spare \$1 million, Novi's the place to spend it this week. Hot wheels will be rolling into town. "Spring in Detroit '92" — a collector automobile auction and show billed as the biggest in Michigan — is running from Thursday to Sunday in the Novi Expo Center. Robert Seroka, chairman of Seroka Productions which is putting on the event, started the twice-annual auctions three years ago in Troy because all of the "good car shows" were then in Arizona and Auburn, Indiana. "Michigan has been left out of everything and we're the heart of the auto world," he said. The majority of leading American

automobile collectors are from Michigan, Seroka said. About 8,000 to 12,000 car buffs from throughout the country are expected to show up this weekend. Novi resident Dan Douglas is hoping to find a buyer from among them for his maroon 1967 Ford Mustang. Douglas, owner of Dan's Auto Repair on Grand River near Novi Road, enjoys spiffing up vintage cars like his 1968 Camaro Z28 and 1961 Corvette. "We ran out of a place to store all three of them," said Douglas. "I was going to sell it and I thought it would be fun to get it in a show." Last spring, the auction was at the Novi Hilton, but Seroka switched it to the Expo Center, which has room indoors for at least 400 cars. The fall show is at Domino Farms in Ann Arbor.

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DON'T FEAR!

INSIDE:
THE
SUBURBAN
CABLE WEEKLY



inside

CALENDAR	2A
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COLUMNS	5A
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EDITORIALS	5A
NOVI BRIEFS	4A
POLICE NEWS	4A
NEWS/SPORTS	349-1700
ADVERTISING	349-1700
CLASSIFIEDS	348-3024
DELIVERY	349-3627

Community Calendar

Today, May 18

Spring fair: The League of Women Voters-Oakland Area will host a day long Spring Information Fair beginning at 10 a.m. in the Novi Civic Center. Speakers will be featured at 10 a.m. and 2 and 7 p.m. Voter registration, LWV publications, video presentations, discussions and refreshments will be available.

Brides to be: Bridal displays will be presented from more than 80 different bridal experts. The show will feature more than 100 fashions, including bridal gowns, mother of the bride's wear, attendants wear and men's formal wear. Tickets are \$6 at the door or \$5 in advance by calling 790-5500. The show will be at 7 p.m. in the Novi Hilton, 21111 Haggerty Road.

City Council: Novi City Council will hold its regular meeting at 8 p.m. in the council chambers of the Novi Civic Center. The subject on the agenda for the evening is the adoption of the city's budget for the coming year.

Arts Council: The Novi Arts Council Executive Board will meet at 6:30 p.m. in the Novi Civic Center.

Band boosters: The Novi Band Boosters board will meet at 7 p.m. in room 511 of Novi High School. A general membership meeting of the Band Boosters will follow at 8 p.m. in the lecture area of the Fuerst Auditorium. An election of officers for the coming year will be held.

Tuesday, May 19

Band orientation: Band orientation and information night will run from 7:15-8:15 p.m. in the Fuerst Auditorium of Novi High School. All 8th grade band students and their parents are invited. Please note that the time has changed. This event was previously scheduled for 7 p.m.

Garden Club: The Novi Garden Club will meet at 1 p.m. in the Novi Civic Center.

Band rehearsal: The Novi Concert Band rehearses at 7:30 p.m. in the band room at Novi High School. For more information on the group, call manager Warren Ledger at 348-2955.

Wednesday, May 20

Wetlands month: The City of Novi recognizes American Wetlands Month at 1:30 p.m. with a wetlands tour beginning at Lakeshore Park on South Lake Drive. Wear old clothes, waterproof boots and bring binoculars.

Spring program: The Novi Woods kindergarten will present its spring program, "Songs We Love to Sing." The program will be from 9:15-10:15 a.m. and 1:15-2:15 p.m. in the Novi Woods cafeteria.

Planning Commission: The Novi Planning Commission will meet in regular session in the Council Chambers of the Novi Civic Center.

Players rehearsal: The Novi Players, a community theater group, rehearse from 8 to 10 p.m. in the Novi Civic Center.

Skating party: The Novi Woods Elementary school hosts a skating party at the Bonaventure Roller Skating Rink from 6:30-8:30 p.m.

Seniors discounts: Oakland County senior citizens, age 60 and up, may receive an identification card issued by the Oakland Livingston Human Service Agency. This card entitles seniors to receive discounts from various merchants. The front of the card displays the seniors picture. A photographer for the agency will be at the Novi Civic Center from 10 a.m. to 2 p.m. shooting photos for the cards. For more information on the program, call 858-5180 or 1-800-482-9250.

Thursday, May 21

Festival of the Arts: The 1992 Spring Festival of the Arts will be held in the lobby of the Fuerst Auditorium in Novi High School from 6-9 p.m.

Choir concert: The District Choir Concert will be held, immediately follow the Festival of the Arts, in the Fuerst Auditorium of Novi High School at 7 p.m.

Novi schools: The Novi Board of Education will meet in regular session at 7:30 p.m. in the Orchard Hills Elementary School building. On the agenda will be adoption of the district's preliminary budget.

Novi newcomers: The Novi Newcomers Club will hold its installation at 6:30 p.m. at the Country Epicure Restaurant on Grand River.

Business Mixer: The Novi Chamber of Commerce will be hosting a Business Mixer from 5:30-7:30 p.m. at Diamond Castle Jewelers, 39955 Grand River, in Novi. Tickets will be \$5 for members, \$7 for non-members. Deadline for reservations is May 19.

Monday, May 25

Memorial Day Parade: Novi's first Memorial Day Parade will be held, beginning in the Town Center at 10 a.m. The Novi High School

Marching Band will be featured.

Memorial Day: No school today. City offices and the public library will also be closed.

Tuesday, May 26

Kite Night: The Orchard Hills Elementary School will host a kite night, at the school, from 4 p.m. till dusk.

Youth Assistance: Novi Youth Assistance board will meet at 7 p.m. in the Novi Civic Center.

Band rehearsal: The Novi Concert Band rehearses at 7:30 p.m. in the band room at Novi High School. For more information on the group, call manager Warren Ledger at 348-2955.

Camera Club: The Novi Camera Club meets at 7 p.m. in the Novi Civic Center. For more information, call Hugh Crawford at 349-5079.

Wednesday, May 27

Senior honors: Novi senior honors night will be held in the Fuerst Auditorium of Novi High School at 7 p.m.

Seniors business: The Novi Senior Citizens Club will at 1 p.m. in the Novi Civic Center for its regular monthly business meeting.

Thursday, May 28

Blood drive: Novi High School students will host a blood drive in room 634 of the high school from 7:30 a.m. to 2 p.m.

PTO elections: The PTO of Village Oaks will hold its annual election of officers in conjunction with an ice cream social at Village Oaks Elementary School from 7-8 p.m.

Friday, May 29

Fun Fair: The Novi Woods Elementary School will host a Fun Fair from 5:30-8 p.m. at the school. This year, the PTO is building all its own games for the Fun Fair, rather than using a novelty company. Novi Woods parents are working to design and build the games, and purchase the prizes. The event is a major fund-raiser for the Novi Woods PTO. The theme for this year is "Our Town."

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.



Photo by HAL GOULD

Fashion show tomorrow

Phil Morasco, general manager of Twelve Oaks Mall, joins fellow members of the Novi Chamber of Commerce Diane Risko (l.) and Connie Mallett (r.) in modeling some of the clothes that will be seen in the chamber's fashion show tomorrow at noon at the Country Epicure Restaurant. Risko is conference service manager for the Hotel Baronette and Mallett is the executive director of the Novi chamber. Morasco's suit appears courtesy of Lord & Taylor, and Risko and Mallett's outfits were provided by Alvin's.

Auction could draw bids in the millions

Continued from Page 1

A fan of the Michigan '50s Festival car cruises the led the parade in his 1959 Cadillac (last year), Serokin said that cars from the Eisenhower era are the most popular of all — and among the most affordable. His own collection focuses on Cadillacs and Thunderbirds.

"It (the '50s fest cruise) mix of 10 people were everybody from retired couples to high power executives running their own companies. It's not just a wealthy person's hobby," he said.

"It (the 1950s) was a very happy time in everybody's life or they're nostalgic about a happy time. All the big name road cars will be at the show and auction. Lincolns, Cadillacs, Rolls Royces, Jaguars, Mustangs, Camaros — and a 1948 Tucker."

Thursday, at 7 p.m. a Gala Fifities Preview Party will be held at the Novi Expo Center to benefit the Motorsports Museum and Hall of Fame.

Here's a schedule of the bidding: ■ Friday — 11 a.m. to 4 p.m. Exotic and Corvette High Line Dealer Auction; 5:10 p.m. Classic Automobile and memorabilia auction.

■ Saturday — 10 a.m. Classic auto auction; 4 p.m. Special no-reserve auction; 5 p.m. Classic auto auction.

■ Sunday — 11 a.m. Classic auto auction.



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Taxpayers eyeing smaller increases

Continued from Page 1

"There's no other way to go," Barr said.

Byers suggested eliminating transportation as an option. School districts are not required to provide busing for students. The district could also freeze administrative salaries and renegotiate teachers' salaries, Byers said.

"We've never really turned the bushel of apples over and repacked it," he said.

Barr said the board is too late to renegotiate contracts for the 1992-93 school year. And halting busing undoubtedly would cause public outcry, he said.

"If you did that you'd have to hold your next meeting in Cob-

Changes to school bill help suburbs

By TIM RICHARD Staff Writer

LANSING — In a quiet revolt, suburban state senators Wednesday upset Sen. Dan DeGrow's apparent, reducing the damage his school aid bill would do to out-of-formula districts.

"It was a major victory for the schools of Oakland County," said Rick Simonson, lobbyist for the intermediate school district.

"I prepared a large pink sign labeled 'job termination,' signifying pink slips," said Sen. Michael Bouchard, R-Birmingham, spreading his arms about 5 feet apart. "But I didn't have to use it on the (Senate) floor. It's still in my office."

The revolt against DeGrow, R-Port Huron, chair of the Senate Appropriations subcommittee on school aid, occurred in the Republican caucus and behind the scenes.

Instead of taking away \$107 million in state aid for retirement and Social Security, DeGrow's bill takes back \$72 million, the same as last

year. The amendment occurred during general orders when roll calls aren't recorded.

Out-of-formula districts are typically suburban areas with healthy business tax bases. They get no general state aid but draw "categorical" aid for retirement, special education and state-mandated programs.

Bouchard circulated memos to his 37 colleagues detailing their schools' loss of revenue if DeGrow's "equity correction" bill had passed. Here is what area districts would have lost under the original bill:

- Brighton, \$846,000.
 - Novi, \$1.4 million.
 - Northville, \$1.7 million.
 - South Lyon, \$317,000.
 - Walled Lake, \$25 million.
 - Whitmore Lake, \$95,000.
- The amended version won 24-12 Senate approval.

Voting yes: Republicans Robert Geake of Northville and David Honigman of West Bloomfield, and Democrat Lana Pollack of Ann Arbor. Absent: Fred Dillingham, R-Fowlerville.

All the schools in DeGrow's Thumb area would have lost only a combined \$1.7 million.

In contrast, Honigman's schools would have lost \$23.7 million. Faxon's \$22.6 million, Pollack's \$10.8 million, Geake's \$8.8 million, and Dillingham's \$1.7 million.

"It had us between a rock and a hard spot," said Faxon, whose Senate district stretches from Birmingham to South Lyon with Novi and Walled Lake in between.

"I hesitatingly voted for it (the final bill) because it was substantially better than when it came from committee," Faxon said. "It still contains egregious errors. Nor have we removed the possibilities they could reappear in the House."

Faxon, a member of the subcommittee which produced the bill, had consistently been on the short side of 2-1 votes.

Decker extension on horizon

By JAN JEFFRES Staff Writer

Road designs for the new, improved Decker Road are under construction by city consulting engineers and the work could begin as soon as July, a Sandstone representative said Monday.

The thoroughfare, which could be completed this year, has been billed as a solution to heavy traffic congestion in the north end of the city, especially on the routes around Walled Lake such as East Lake Drive.

The five-lane extension is being built as part of the first phase of the \$122 million Sandstone development. Decker Road would be routed south from Thirteen Mile Road down to Novi Road at a cost to the developer of about \$1.8 million.

"It's taken an exceptional amount of time to coordinate this effort," David Lanciuk, an attorney for the developer, Hughes Properties said.

The first phase of the 1,193-home planned unit development (PUD) — the second in the city following The Maples — will consist of 143 single-

family residences in the \$170,000 range. Models may be up by spring 1993.

Sixty homes on site condominiums could go up each year. Apartments are also part of the package.

The project, seven years on the drawing board, must still overcome difficulties presented by a water moratorium imposed by the state department of public health.

Lanciuk said he expects that the moratorium will end when a new water main is constructed along Fourteen Mile Road in Bloomfield Township, but as a "worst-case scenario" the homes will be built on individual wells.

"We anticipate that by the time the houses are ready for occupancy, we'll have water available," he said.

Another glitch is that the 300-acre development is split between the Walled Lake and Novi school districts. Lanciuk said he's met with superintendents of both school districts to try to work things out.

"We asked to coordinate boundaries in what most of us would think is a more appropriate fashion. There

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Participants receive FREE ALLERGY EVALUATION limited testing, and study medications along with \$200.00 compensation for expenses upon successful completion of the study.

Qualifications for this research study:

- At least 12 years of age
- History of hayfever symptoms during Spring months (Stuffy, runny nose, sneezing, itchy and red eyes)
- No other significant medical problems

For further information regarding this research study, please call Julie at:

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Pilot offers reward for stolen log

A Novi man whose aircraft logbook was stolen from his vehicle May 12 said he is "at wit's end" in his attempt to find or replace it.

Robert Head, a licensed instrument-rated private pilot, said his logbook as well as his air worthiness certificate were stolen along with a set of headphones in a green duffel bag that he left in his unlocked van, which was parked at his home on Grand River.

Head said he has paid \$150 to replace the certificate, and until the paperwork goes through his plane is grounded. The log book, which tracks the detail of every flight he has made since 1967, is irreplaceable.

"It's a documentation of the time you've spent in the air—every time you go flying you write down where you took off from, where you went, use of instruments, how many takeoffs... It's everything since 1967."

Head said he recently applied for his instrument rating which required documentation of his flight experience. If he had not, he would have no record whatsoever of his flying time and would be starting from ground zero.

"That flight record is of no use whatsoever to anybody but me," he said. "The airplane registration information, that's just a piece of paper, but my logbook—it's worth a million dollars and it's worth nothing."

Even the headphones in the bag

Police News

are worthless to anyone who is not a pilot.

"If a kid tried to take them and plug them into a stereo, they wouldn't even work," he said. "They are strictly for airplanes."

Head is hoping the thieves discovered the items were of no value to them and perhaps abandoned them somewhere. If you know the whereabouts of his flight records, which have his name on them, please call him at 347-1884. He is offering a reward.

DRUNK DRIVING: A 24-year-old Northville man was arrested May 14 for operating under the influence of liquor (OUIL). He was stopped while driving a 1979 Chevrolet on southbound Novi Road.

LOOSE DOG: A resident on Antler in the Deerbrook subdivision reported May 10 that a neighbor's allegedly vicious dog was loose on his property.

Police reported that this was the second complaint about the dog. The owners were advised to keep it on a leash on their property.

MEDICAL: Novi Police discovered a

man lying on the northbound dirt shoulder of East Lake Drive south of Fourteen Mile at 10:30 a.m. May 9. Ambulance and fire personnel were summoned to the scene. Before their arrival, police discovered that the man lived near the scene and contacted his father.

The father informed police that his son was an epileptic and likely had a seizure. He drove him to Huron Valley Hospital, where he was treated for a cut on his head.

LARCENY: An employee at Woodland Medical Center reported May 13 that someone stole several calculators and attempted to break into a file cabinet.

The unknown suspects apparently used a paperclip to try to break into the cabinet, but it broke off in the lock.

BREAKING AND ENTERING: A resident on Ferpoole reported that someone broke into a shed behind her mobile home.

Reported missing were a lawn mower, bicycle and gas grill. She said she believed the incident occurred in April and that the lock on the shed was now missing.

May 12 and returned to it at 5 a.m. May 13 to discover the damage. The vehicle was unlocked at the time of the incident.

VANDALISM: A maintenance person at Novi Town Center reported May 11 that someone drove into some landscaping trees and shruberies causing damage.

Police said the unknown suspect apparently drove over a median, then over the trees.

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Novi Briefs

Wetlands month: May, 1991, has been declared American Wetlands Month. The City of Novi will use the month to help increase public awareness of the values and productivity of wetlands, encourage people to enjoy them and to protect, recognize, enhance, commemorate and restore the nation's wetlands.

There is a display at the Novi Public Library through May 31 with information on the values and functions of our wetlands. Wetlands are now recognized as some of the most productive natural areas in the world. They are habitats for waterfowl and other wildlife, fish and shellfish. Humans use wetlands for recreation, erosion control and water quality control.

May 20 at 1:30 p.m., water resources specialists Almee Kay and Susan Tepatti from JCK & Associates will conduct a wetlands tour. Everyone is invited to come and learn more about Novi's wetlands. Meet at Lakeshore Park on South Lake Drive.

The tour will begin from the park. Wear old clothes and waterproof boots if possible. Bring binoculars.

For more information, call Cindy Stewart at 347-0494.

In the mood?: The Big Band era will come alive again on Thursday, May 21 when Dr. Weldon Pats returns to the Novi Historical Society, The 7:30 p.m. lecture—"They Played With Style"—will feature slides, tapes and information about the musical arrangers who gave the bands their distinctive performance style in the 1930s and 1940s.

Pats is a former Big Band musician who toured the country with some of the greats.

The program is at the Novi Town Hall Museum, 45285 Ten Mile Road. For information, call 349-6774.

NOTICE OF ANNUAL ELECTION WALLED LAKE CONSOLIDATED SCHOOL DISTRICT

TO THE QUALIFIED ELECTORS OF THE WALLED LAKE CONSOLIDATED SCHOOL DISTRICT IN THE COUNTY OF OAKLAND, STATE OF MICHIGAN: NOTICE IS HEREBY GIVEN, that the Annual School Election has been called to be held in the above-named School District on the 8th day of June, 1992, for the purpose of electing two (2) members of the Board of Education; two members for two regular year (4) year term.

MEMBER OF BOARD OF EDUCATION
Four Year Term - Ending In 1996
(VOTE FOR NOT MORE THAN TWO)

NOTE IS HEREBY GIVEN, that at said election three (3) members for the Board of Trustees of Oakland Community College are to be elected at large from the Community College District on a non-partisan basis, the qualified candidates for the Board of Trustees being as follows:

Five-Year Term
(Vote for not more than three)

NOTE IS FURTHER GIVEN, that at school elections who are registered with the city or township clerk of the city or township in which they reside are eligible to vote at this election.

AND CLOSE AT 8 O'CLOCK IN THE EVENING. THE VOTING PLACES WILL BE AS FOLLOWS:

Proposed No. 1 - Walled Lake Junior High School building, 615 N. Pontiac Trail
Proposed No. 2 - Keith Elementary School building, 2800 Keith Road
Proposed No. 3 - Commerce Elementary School building, 520 Fair Street
Proposed No. 4 - Winom Elementary School building, 301 North Winom Road
Proposed No. 5 - Gleggery Elementary School building, 3070 Woodbury Road
Proposed No. 6 - Twin Beach Elementary School building, 7149 Oakley Park Road

Proposed No. 7 - Dublin Elementary School building, 9260 Sandyside Road
Proposed No. 8 - Oakley Park Elementary School building, 2515 Oakley Park Road
Proposed No. 9 - Maple Elementary School building, 7389 W. Maple Road

This notice is given by order of the Board of Education of said school district. May 1, 1992.

JOEL SILBERBLATT, SECRETARY
WALLED LAKE SCHOOLS BOARD OF EDUCATION
(5-18-92 NN)

the NOVI NEWS

104 W. Main Street
Northville, Michigan 48167
(313) 349-1700

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Executive Editor
MIKE MALOTT
Managing Editor
BOB NEWMAN
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STEPHEN KELLMAN
Staff Reporter
MIKE TYLER
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Staff Reporter

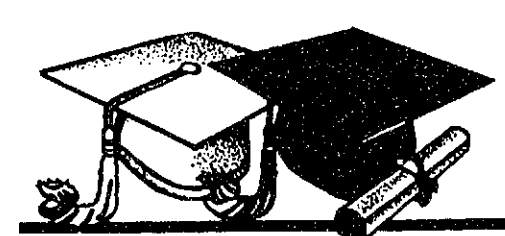
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5A
MONDAY
May 18,
1992

As We See It

Schools flounder to set year's budget

School budgets have never been easy to establish. Retiring Novi Superintendent William Barr said that in his 20 years as an assistant superintendent the state school funding program has never been consistent. This year marks yet another ride on the roller coaster.



Education

After a year of gloom-and-doom predictions from Novi school administrators, some good news finally came last week. State senate supporters of equity in school funding hit a wall. Legislators hoping to equalize the disparity in school funding have been introducing new programs each year to take money previously given to districts like Novi and pump it into poorer school districts.

There certainly is some justification for such a policy. Some districts are spending as little as \$2,500 per student while Novi is spending \$6,000 per student. Other districts go as high as \$8,000 per student.

But the funding inequities have occurred as the state gradually has taken money away from education, placing the burden on local school districts. Trustee Raymond Byers suggested the school district "turn the bushel of apples over and repack it." In other words, the school district could totally re-examine the way it does business. Byers suggested looking at the number of custodians, noon-aids and buses used by the district. He suggested students (asap!) might actually be able to clean up after themselves in the cafeterias rather than paying a custodian to do the job.

In the best of all possible worlds, we would like the state to turn its bushel bag of apples over. The way Michigan funds its schools needs a close look. But because that is not likely to happen, we encourage district administrators to look at some of the creative ways of lowering costs suggested by school board members while continuing to maintain and even expand programs.

Trustee Michael Meyer suggested improving the energy efficiency of school buildings. Barr said a computerized

energy program would pay for itself in five years — not a bad investment.

Byers suggested discontinuing busing. School districts are not required by law to provide transportation, and the service is expected to cost \$678,000 next year. The transportation suggestion was made with tongue partially in cheek, owing to the outcry it undoubtedly would cause. But it was just one idea of many.

Trustee Sandra Thorton had an idea for offering Japanese at little cost to the district. She suggested Novi High School offer a zero hour. Students could come in early for instruction in Japanese. The district already has a teacher who is near certification for teaching the language. Costs for benefits and a full-time or even part-time teacher would be unnecessary. The teacher need only be compensated for one extra hour per day.

Trustee John Streit suggested lacrosse could be implemented at no cost to the district. Based on a proposal offered by a lacrosse organizer, Streit said a zero-cost lacrosse proposal should be considered. Under the plan, students wishing to participate would pay. The fees would cover start up costs.

We don't necessarily support each plan suggested by school board members, but we encourage them to continue to consider creative methods of funding school district programs as they progress through budget discussions. It's a lean year for most school district taxpayers, and the district must demonstrate its willingness to show continued flexibility.

Roll out the dream machines



Rick Byrne

Rolling masterpieces. That's what I think of when I see classic cars. You don't even have to like cars to love your favorite.

My mom, who wouldn't know a Viper if one came up and bit her on the neck, can tell you that she likes the big, white Bugatti they have down at the Henry Ford Museum in Dearborn.

Reporter Jan Jeffers, on the other hand, has an affinity for the elegant limousines of the Detroit '92 car show and auction slated for this week at the Novi Expo Center. Her eyes lit up at the sight of a 1931 Packard Dual Cowl Phaeton. She said the sight of it prompted fantasies of rolling up to the theater and stepping out in a full-length milk.

Me. I like my cars with heaping helpings of decadence and horsepower. That's why I favor the big Cadillacs of the '50s and '60s. I'm attracted to the '59s if only for their peculiarity. They are the tallest (and most useless) tailfins of any production vehicle. They were tall enough to string laundry between them.

But my favorite is the 1960 Eldorado. The tailfins, though still present, were more subtle than on the '59. A 1960 Eldo looks like it's gliding down the highway at 60 mph even when it's standing still. The styling, to me, is sheer artistry. No unresolved lines anywhere.

Whether your taste runs to Jags or 'Birds, you'll likely

find your favorite at the Spring in Detroit '92 show. And if you have deep enough pockets, you might even be able to purchase your dream machine at the auction. With over 400 cars expected to come through the doors at the Expo Center, this production will be Michigan's largest collector car auction of the year. Backers expect some 10,000 to 12,000 people to attend.

Opening night is Thursday, which will include a Gala Fifties Preview Party to benefit America's Motorsports Hall of Fame. If you've ever been around the gang from the Motorsports Hall of Fame, you know they know how to throw a bash. And this one is open to the public.

There'll be food and a cash bar, as well as continuous dancing to the music of The Hits. Plus you'll get a sneak peak at all the classic and exotic road machines. All this for a \$20 admission.

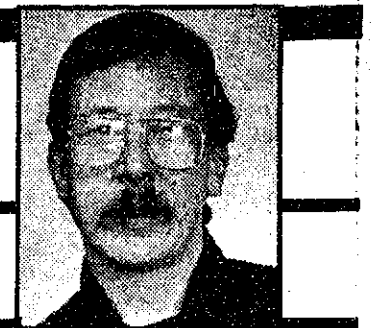
After three years in temporary quarters at the Novi Civic Center, the Motorsports Hall of Fame found a permanent home at the Expo Center, off Novi Road below I-96. Now trustees of the Hall, and the members of SPARK, the working arm of the Hall, are trying to raise money to remodel their portion of the Expo Center.

They'll be showcasing some of the Hall's own special vehicles, like the 1965 Novi Special, Art Arfons' 17,500 horsepower Green Monster Jet dragster, the Miss U.S. 1 hydroplane and Tommy Archer's championship SCCA Sportracer. Sorry, none of them are for sale.

If you'd like tickets to the Gala Fifties Preview Party, call the Motorsports Hall of Fame at 349-RACE. Or drop by the auction on Friday, Saturday and Sunday to pick up a masterpiece of your own.

In passing

By Hal Gould



Hal Gould



'Farmer's Market' Amy Peterson (foreground) shops for plants with daughter Bailey

Whooping it up at Wild Bill's



Phil Jerome

"You ready?" she asked as I arrived for my appointment at Wild Bill Demray's office in Northville early Friday morning.

"I'm ready," I replied, bouncing out of my chair in the waiting room and heading back for one of my regular check-ups.

"I've got everything hooked up," she reported — she being Carol, my dental hygienist, in the bright, cheerful lady who takes care of my teeth.

I hopped up into the chair, and she began placing the little cup over my face — the little cup hooked up to the nitrous oxide.

"What's so funny?" "Chwhitewh jstsd."

"It's what I just said?" she asked, trying to ascertain that she'd heard right.

"You're a little sensitive right there," she said, tapping the long thin pointy sharp thing in her hand against the spot in my mouth which had illiked the "aargh" in the first place.

"Nothing to worry about," she continued. "It's perfectly normal."

Busy summer ahead in political world

Wow. Last week's filing deadline for county, state and national public offices brought out a bumper crop of candidates. That's good news for the public and democracy.

The race for a seat in the U.S. Congress is especially notable — voters will truly have a choice. Three Republicans and two Democrats are running. The interesting fact is the abortion issue crosses party lines in this election. The Republicans have one pro-choice candidate and two others who oppose abortion. The Democrats have a pro-choice candidate and a "candidate for life" as Novi's Michael Meyer calls himself.

We look forward to the developing campaign. At least at this early stage, this is the way it's supposed to work.

last-minute Democrat from Novi filed to give the incumbent a run for her seat. And state Rep. Willis Bullard, a Republican, will face two Republicans and one Democrat in a race for his currently-held position.

Lots of reasons exist for all this political activity; we can all figure them out. The results are the important thing, and the results ought to be good. This many candidates should result in serious, thoughtful discourse on true issues; in challenging questions with, we hope, revealing answers.

We look forward to the developing campaign. At least at this early stage, this is the way it's supposed to work.

CONTACT YOUR LEGISLATORS

<p>STATE SENATE Jack Faxon (D) 28444 Danvers Ct. Farmington Hills, MI 48018 811-7372</p> <p>U.S. HOUSE William Broomfield (R) 371 N. Main Milford, MI 48042 886-2640</p> <p>U.S. SENATE Carl Levin (D) 1860 McNamara Bldg. 477 Michigan Ave. Detroit, MI 48226 226-9121</p>	<p>STATE CAPITAL Lansing, MI 48999 (517) 375-7888</p> <p>U.S. HOUSE 2306 Raymond House Office Bldg. Washington, D.C. 20515 (202) 225-6135</p> <p>U.S. SENATE Dixsen Senate Office Bldg. 477 Michigan Ave. Detroit, MI 48226 226-3188</p>	<p>OAKLAND COUNTY COMMISSION Key Schmid (R) 28106 Summit Novi, MI 48377 349-0099</p> <p>STATE HOUSE OF REPRESENTATIVES Willis Bullard, Jr. (R) 1181 N. Millard Rd. Milford, MI 48361 887-8045</p> <p>STATE CAPITAL Lansing, MI 48909 (517) 373-0827</p>
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FRESH SWEET CANTALOUPE
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FIRST OF THE SEASON! \$1.99 lb.

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SHRIMP IN-THE-SHELL
\$1 TO 60 PER POUND \$4.66 lb.

OUR OWN HOMEMADE MARINATED CHICKEN KABOBS
\$3.77 lb.

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88¢ lb.

BALL-PARK MEAT FRANKS
1-lb. PKG. \$1.39

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PREVIOUSLY FROZEN WESTERN GRAIN-FED PORK SPARE RIBS
3 1/4-lbs. & DOWN \$1.39 lb.

FROZEN MEATY BONELESS SKINLESS CHICKEN BREASTS
2 TO 3-lb. PKG. \$2.29 lb.

A Revolution Has Happened in Farmington, Come See Why!
A new concept in selling Fresh Produce and Meat is gaining momentum. What is so different about this market?

1. Excellent design combined with the use of dramatic colors and perfect lighting.
2. A high quality sound system that gently relaxes the soul from our high pressure society.
3. The quality of all the produce, meat and other items is exceptionally high.
4. The prices of these products are not only competitive, they are excellent.
5. If we don't have it, we can and will find it for you!
6. There are no long lines at the counter.
7. The unthinkable: You are waited on by people who smile and who have remembered the two most important words in business history... Thank You, thank you for making us a success.

One year old and still growing! This is what we are about and we invite you to visit us to see how food of the 1950's is still alive in Farmington.

None Sold To Dealers or Minors
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June 8 • Election

Do you support sex education in Novi? How far would you like to see such a program go in educating students about their bodies? Did you support the now-overturned section of a state law that asked school districts to inform students how to get a judicial bypass under the parental consent law? (The law requires students to have their parents' permission or the permission of a judge to obtain an abortion. The section requiring school districts to tell students how to get a judicial bypass to the parental consent law was overturned.)

Education that enables a person to make careful, well-thought-out decisions, is beneficial. Sex education benefits students, their families and society.

The school district, through a well-defined curriculum, can give students the knowledge needed to make educated decisions.

Sexually transmitted diseases, unplanned pregnancies and promiscuity are serious problems to face. I promote emphasis on abstinence. It's the best form of birth control I know of.

Realistically, I know there is, and will continue to be, widespread sexual activity among high school students in teaching sex education. I favor strategies used in the DARE program such as, "how to say no," and how to deal with peer pressure.

Birth control, child-bearing and its options need to be discussed.



JULIE ABRAMS

I'm pleased that the school district isn't burdened with discussing judicial bypass.

I support the work being done by the Reproductive Health Committee formed by the Board of Education to address reproductive health issues in the schools. The committee is important because it involves administration, staff, parents, at-large community members, and physicians all coming together to provide some direction to the district on the subject.

This committee was formed after a student at the high school expressed her concerns about the lack of meaningful reproductive health education. I support the committee's formation and the development of substantive curriculum in the area of reproductive health.

No, I never thought that it should be the responsibility of a school system to come between family members when a decision regarding a non-school issue



RAYMOND BYERS

was to be made.

I support sex education as a basic part of every student's education. In addition to moral and religious instruction at home, students need to receive education on human sexuality and the emotional, psychological, physical, hygienic, social and interpersonal aspects of an intimate relationship. The moral values of our community will be represented in our sex education curriculum by the newly appointed Reproductive Health Committee.

I fully agree with our staff who feel they would be derelict in their responsibility to our youth not to recommend the inclusion of a sex education component.

I did not support the judicial bypass law which mandated young students grade 6+ be informed how to get an abortion without ever talking to Mom and Dad. I support open communication, and this must begin at home.



SANDRA THORTON

News, police chief applaud new open policy

By CRISTINA FERRIER Staff Writer

A new public information policy in the Novi Police Department has created more openness between the department and local newspapers, said Police Chief Doug Shaeffer and Novi News Managing Editor Mike Malott.

"It took six months but I think it was worth it," Shaeffer said. The department re-drafted the policy several times following meetings with city attorneys and media representatives. "From what I've garnered it seems like the relationship between the Novi News and the department has become more open."

Malott said he is pleased with the policy because it "more closely adheres to the Freedom of Information Act (FOIA) and I think that's a key point. It's a policy that will pertain to the public as well as the media."

"Shaeffer's been enormously cooperative, and I really appreciate that," Malott added. "We are very serious about the FOIA and expect police departments to follow it."

The department's new media policy is a 10-page document listing specific procedures regarding the release of public records and other information within the department.

Public records in the police department include any writing prepared, owned, used, in the possession of, or retained by the department in the performance of an official function. These documents are subject to disclosure under the FOIA unless a specific exemption within the act permits such a record to be withheld.

When a public record contains both information that is subject to disclosure as well as information that is exempt from disclosure, the FOIA permits the deletion of the exempt information, but not the entire document. The department previously withheld entire police reports if any section was interpreted as exempt from release under the FOIA.

According to policy, release of information in each document will weigh a number of departmental concerns that fall under possible FOIA exemption—such as whether it would be an unwarranted invasion of personal privacy, deprive a person of the right to a fair trial, interfere or compromise with law enforcement proceedings; or endanger the lives or safety of law enforcement officers and their families—against the public's need and right to be informed.

Currently, the department is copying all reports and making them available to local newspapers for viewing. The copies made available to newspapers are being edited by department personnel, who may black out sections believed exempt under the FOIA.

In general, information that the department is currently blacking out of reports includes names and identifying information of suspects who have not been charged with a crime; results of blood-alcohol level tests; and names and identifying information of some crime victims.

Shaeffer said he is not sure whether he has seen much difference in the quantity of police news in The Novi News since the department began releasing all reports, but said he believes "the quality of police news has definitely improved."

Malott agreed. "We have definitely covered more serious incidents," he said. "Because of the total lack of information coming out before, we were forced to pick up MID-OP (vandalism) reports and car break-ins, which are good in their own way. But now that we really know what's going on, we are giving more coverage to more serious incidents and being more selective toward those incidents."

"There has definitely been a vast improvement in our quality of police reporting."

The *Spiral Column Newsweekly*, another newspaper that reads Novi police reports on a regular basis, has not seen the old or the new media policy, said Assistant Editor Debbie Vander Ploeg.

Vander Ploeg said she was aware that the policy was being redesigned because she read about it in *The Novi News*, but that her newspaper was not involved in the matter.

"From what I hear, there are more reports to go through now," she said. "But I don't think the amount of newsworthy items has changed."

Shaeffer said response within the department to the new policy has been generally positive, although officers have voiced concerns.

"There are many people who feel just because they report a crime, it doesn't mean they should be subject to (public release) of that information," he said. "Police officers certainly deal with all the coarseness of human misery and officers want to be protective of the rights of victims."

Shaeffer said confidentiality of informants also remains a concern among officers as well as some sensitivity that an officer may do something wrong or perceived as wrong and that it will be written up in the paper.

However, he pointed out that, for the most part, the new policy is leading to positive relations between the media and the department.

"Those very few negative concerns are not the prevailing attitude," he said. "Most who appreciate the media are not the police department does."

Identify victims of sex crimes, child abuse and neglect. "We asked for their identities not so we can print their names in the paper but so we can contact them and give them an opportunity to talk to us if they want to," Malott said.

The Novi Police Department has agreed to relay such interview requests to the victims.

Malott also expressed concern about media access to public property and the amount the department charges for copies of police reports.

These are all pretty minor points, although they could potentially blow up into a larger problem," Malott added. "The FOIA is not clear on how these aspects should work."

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Novi Community School District

Spring Festival of the Arts

1992 FESTIVAL OF THE ARTS

Festival logo design by Denny Gulbord, 3rd Grade, Village Oaks

Thursday, May 21, 1992

Fuerst Auditorium, Novi High School

featuring the **Youth Art Show and Spring Choral Concert**

K-12 student art work will be on display in the auditorium lobby from 6:00 - 9:00 p.m. The Spring Choral Concert will begin in the auditorium at 7:00 p.m.

Admission is free.

For further information please call 344-8330 ext. 30

CITY OF NOVI NOTICE

NOTICE IS HEREBY GIVEN that the Planning Commission for the City of Novi will hold a public hearing on Wednesday, June 3, 1992 at 7:30 P.M. in the Novi Civic Center, 45175 W. Ten Mile Rd., Novi, MI to consider ZONING MAP AMENDMENT NO. 18,503 a proposed City initiated rezoning for property located in part of Section 33, to be rezoned from RM-1 Low Density, Multiple Family, Residential to R-1 One Family Residential or any other appropriate zoning district.

All interested persons are invited to attend. Verbal comments will be heard at the hearing and any written comments may be sent to the Department of Community Development, 45175 W. Ten Mile Rd., Novi, MI 48375 until 5:00 P.M. Wednesday, June 3, 1992.

Published 5-18-92

NW COR SEC 33
LIN. R.R.
CITY OF NOVI

NOVI PLANNING COMMISSION
TIM GILBERG, SECRETARY
STACIA DEVOYER, PLANNING CLERK

NORTH LINE SEC 33 (NOMINAL C/L 9 MI RD)

WEST LINE SEC 33 (NOMINAL C/L BECK RD)

REZONE TO R-1 EXIST. RM-1

NO SCALE

To rezone a part of the NW 1/4 of Section 33, T1N, R9E, City of Novi, Oakland County, Michigan, being parcels 22-33-100-005, -006, -007, -008, more particularly described as follows:

Beginning at a point on the west line of Section 33 (nominal C/L of Beck Rd) said point being South 1100.00 feet from the NW corner of Section 33, thence S89°28'30"E 396.00 feet, thence South 1100.00 feet, thence N89°28'30"W 396.00 feet to a point on the west line of Section 33 (nominal C/L of Beck Rd); thence North 1100.00 feet along said west line to the point of beginning. Excepting the westerly 33.00 feet from Beck Rd.

FROM: RM-1 LOW-DENSITY, MULTIPLE-FAMILY, RESIDENTIAL DISTRICT
TO: R-1 ONE-FAMILY RESIDENTIAL DISTRICT

ORDINANCE NO. 18,503
ZONING MAP AMENDMENT NO. 503
CITY OF NOVI, MICHIGAN

(5-18-92 NR, NN)

349-1700 IS OUR NUMBER

Feel free to call us with any news tips.

the NOVI NEWS

CELEBRATE AN AMERICAN TRADITION

50 YEARS OF U.S. SAVINGS BONDS

HomeTown Newspapers

Rick Byrne, Copy Editor
349-1700

FOOD CREATIVE DINING

7A

MONDAY
May 18, 1992

Lois Thieleke/Nutrition

Give your pantry a good spring cleanup

Springtime is the perfect time to start anew, by disposing of unhealthy eating habits and receiving a nutritious regimen. The weather is improving so it's also a perfect time to start an exercise program to go along with this fresh start of healthy eating even with a hurried schedule. The nutritional overhaul should start in the kitchen.

There should be plenty of rice and pasta. They are naturally low in fat and rich in complex carbohydrates that release plenty of energy. Whole wheat pasta and brown rice will also add fiber and new interesting flavors to hot or cold salads. Replace sugar-coated cereals with unsweetened ready to eat varieties. Read the label to make sure they contain at least two grams of fiber, eight grams or less sugar and less than two grams of fat per serving.

Put out the old and buy new snack foods in your cupboard. Crackers made with lard, coconut, palm oils or shortenings have to go. In their place have high-fiber, low fat varieties such as rice or barley cakes, melba toast, flat breads, matzo, rye crisps and whole grain wafers. Chips of all varieties are best avoided or eaten sparingly because of the fat, calories and sodium. Pretzels are low in fat but high in salt, so stock up on the unsalted brands. For the sweet tooth, buy cookies with less fat and sugar. Reach for graham crackers, animal crackers, gingersnaps and fig bars. Eat snack foods with discretion.

Condiments, oils and canned foods may need to be cleaned out, too. Use fresh or dried herbs and spices instead of high sodium flavor enhancers like soy or Worcestershire sauces and seasoned salts. For cooking use polyunsaturated oils, like safflower, sunflower or corn, or monounsaturated oils, olive and canola.

Many canned or dried soups and broths are high in sodium so replace with the sodium reduced or low sodium versions. If you do not think you like these lower sodium soups, add a few herbs and spices to make 'up' for the less salt taste. Our modern grocery stores have fresh fruits and vegetables available year round so there is no real need for lots of canned of these. Buy the no salt versions of canned vegetables and the no sugar cans of fruits if you need to buy the canned varieties.

The freezer also needs to be checked for unhealthy food choices. Get rid of any breaded or fried frozen dinner and buy meals with less than 1,000 milligrams of sodium, 300 to 400 calories and about three grams fat per 100 calories. Premium ice creams need to be replaced with lower fat "lite" ice cream, and fat free frozen yogurts or frozen desserts made with fat substitutes. Good choices also include frozen fruit or juice bars with no added sugar, sorbets and fruit ices.

Put on overhauling the p out of foods in the refrigerator will be a challenge. To keep calories, fat and cholesterol in check replace whole milk with either one percent or skim milk. Regular yogurt needs to be replaced with the low-fat or no fat containing less than 200 calories per serving. Since milk and yogurt are excellent sources of calcium and you need them in your healthy diet just make a couple changes.

Substitute low-fat cheeses, something with less than five grams of fat per ounce for the high fat varieties. Limit the regular packaged cold cuts and hot dogs which are both high in fat and sodium.

Margarines made with liquid unsaturated oils should replace regular butter and margarine. Liquid, soft and tub margarines are generally better choices. Read the labels. More healthy alternatives for high fat and high calorie salad dressings are the reduced calorie or low-fat dressings. A better idea is to stock the refrigerator full of fresh produce so there is little room for anything else.



Meals like this vegetable stew can be part of a balanced diet. The beans provide protein; the vegetables are rich in vitamins.

REDUCING STRESS

By RICK BYRNE Copy Editor

Nary a day goes by when we are not confronted with stress on one level or another.

From the moment we are jangled awake by a ringing alarm to the moment our heads hit the pillow, many of us are caught in a downward spiral of stress.

Yet not all stress is bad. The butterflies we feel before that first kiss, landing a 90-pound trout or buying a first home are all stress-inducers. We may see these experiences as pleasant and positive, yet they may still be accompanied by sweaty palms, a flushed face and heart palpitations—the same reactions we have when faced with more unpleasant situations.

Unfortunately, there can sometimes seem to be more unpleasant stresses in daily life than positive ones—what with traffic jams, yelling kids and angry bosses. Frustrations can build to such a point that the body starts giving off warning signs to let you know that you aren't dealing with the stress effectively.

Physical warning signs include insomnia, shortness of breath, racing heartbeat, headaches, stiff muscles and frequent bouts of flu. Psychological troubles may include indecisiveness, forgetfulness, constant anxiety or anger, recurrent boredom and feeling of hopelessness. Such signs may well be Nature's way of telling you something's wrong.

TV commercials may tell you that caffeine makes you nervous. Some people think drinking a glass of milk be-

fore bed has a soothing effect and makes them sleep better. In fact, while caffeine is a stimulant, and certain elements in milk may have a mild sleep-inducing effect, experts say most correlation between food and stress is a case of mind-over-matter. Your overall diet (or perhaps a better term is "eating lifestyle") is what really makes the difference.

"All people have certain things that make them happy," she says. "There are childhood memories that make you feel good, like maybe mom's chicken soup."

The next time you find yourself mentally tackling one of life's problems, take a moment to give your mind a break and instead concentrate on visualizing something that you thoroughly enjoy. This momentary vacation from worry helps to break the stress cycle and lets you see things in a clearer perspective.

Good health is the key to happy living and is your best defense against negative stress. A regular exercise program coupled with a balanced diet and a positive outlook on life are definitely ingredients for success. It is also important to adjust your schedule to allow for fun time and quiet moments alone.

Your microwave oven can be an ally in your battle against stress because it lets you prepare meals in a fraction of the time a conventional oven would require. Also, with microwave cooking, there is usually less cleanup after the meal.

Aside from eating a balanced diet, there are ways to reduce stress. Avoiding life's aggravations is impossible, but being aware of the situations that cause tension is the first step in learning how to better cope with them.

Chef Mary Brady

Those left behind share in the team effort



Hello from Chicago. The Windy City.

As you read this our competition is over. The award ceremonies were yesterday. I'll let you know next week how the team made out.

Pat and I left early Wednesday morning. She is back to work today. I'm here for the duration, until tomorrow, and will be back Wednesday.

go. A contest such as this takes a tremendous amount of coordinating and organization. In fact, as far as I'm concerned that is half of it.

In order to pack, I made myself several lists: food items, non-food and miscellaneous. Then Pat checked them and discovered I missed something. A small garnish for one of the plates; not drastic, but a pain if we would have forgotten it.

Everything is packed in large "coolers" and transported via van. We travel in a caravan so that in the event something happens immediate help is available. No way you'll miss the show because of a breakdown. And we drive slow, as there is a lot of fragile food aboard.

Upon arrival we'll go to the hotel and change into our kitchen clothes. Then it's on to our "Home Away From Home" or "Kitchen Away From Kitchen." In this case, it is the 22nd floor of the Sears Tower. This is one of the tallest buildings in the world and it sways when you get up high enough. An eerie feeling. The elevator ride takes a few minutes and is one of those drifty, pit-of-the-stomach ordeals.

Leaving the restaurant for this amount of time is traumatic also. All the paperwork that I do over the course of the week must be done ahead of time. I try hard not to leave loose ends. As Pat is going too, the crew left behind has their work cut out for them.

Of course, the restaurant does not exist because of Pat or myself. As a group, my

staff is intelligent and can handle it without me for a while. It is me that has the problem being away. I'm grateful for their support, especially Laura, my sous chef. She will handle the brunt of the kitchen "stuff" that comes up over the next few days, instead of half of the ordering, she'll do it all. She has adjusted her hours to cover both lunch and peak dinner hours. I'm very grateful to her.

My oldest friend, Joann Clements and her husband Jim, come in to help cover the heavier shifts in the front of the house. They will handle the expediting and "working the floor." Joann was a diaphanous restaurant person until the birth of her two boys. Now she is a mom full time unless she covers for me. Joann helped us for the

first several months we were open and the staff looks forward to "visits." I feel confident that they are here.

Foremost, my husband Tom. Without his backing I'd never be able to compete. We, too, are a team. We both fill different needs at Brady's. Sometimes it's not the easiest thing in the world to do, working with your lifetime companion. But we've managed fairly well over the last dozen years.

Unfortunately, Tom rarely travels with me because of the business. My competing surely is not convenient for him. Luckily for me he is extremely understanding. So to all of you on staff, Laura, Joanne, Jim and my dear husband, thanks once again for your backing and support. You have all helped to make dreams come true.

Continued on 2

The Refrigerator Door

BARBECUE CONTEST: WDIV-TV Channel 4 and Chef Tom MacKinnon of MacKinnon's restaurant in Northville are organizing the first "Gourmet on the Go" barbecue contest. This fun, fast little contest offers big prizes to the best barbecue recipes. Just send in your favorite. And the word "barbecue" doesn't mean just sauce. It can be anything from a fish recipe to a vegetable to a dessert. Entries will be judged on overall taste, originality, ease of preparation and appearance. All entries must be postmarked by June 10, and sent to "Gourmet on the Go" BBQ Contest, P.O. Box 5270, Northville 48167. "Gourmet on the Go" is seen Fridays on the Channel 4 Newsbeat at Noon.

HANDS-ON CLASS: Schoolcraft College is accepting registrations for Hands-On Cooking for the Gourmet Cook. The three-week course prepares participants to create three buffets featuring recipes of Classical, American Regional and Southwestern Cuisine. Buffets will consist of appetizers, soups, salads, main entrees and desserts, and each person will be invited one guest to dine with them at each of the grand buffets. Participants should purchase a white chef's coat, and must have basic cooking skills. Space is limited. The course will begin Thursday, May 28. The fee is \$307. Call Continuing Education Services at 462-4448 for more information.

RECIPES WANTED: 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 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 week-night comfort recipe. Send it in, and we'll feature it on these pages.

MICHIGAN CULINARY TEAM PRACTICE: Before the Michigan Culinary Team will 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, July 20, Renaissance Club, 259-4700.
- Tuesday, Nov. 10, Victory Celebration, Detroit Athletic Club, 963-9200.

To purchase tickets, call the numbers listed above at least seven days in advance.

AMERICAN HARVEST CLOSED: Schoolcraft College's American Harvest Restaurant closed for the summer on April 30. The on-campus restaurant, which features gourmet specialties prepared by Schoolcraft's Master Chefs and Culinary Arts students, will reopen when classes resume in the fall.

EGG CONTEST FOR KIDS: The Michigan Association of Poultry Industries in cooperation with the American Egg Board is sponsoring its eighth annual Michigan Egg Cooking Contest. The contest, which is limited to students in grades six through 12, requires entrants to produce a main dish entree using a minimum of four eggs or one per serving. Top finishers in the contest will earn \$300, \$200 and \$100 for first, second and third place respectively. The winning Michigan entry will be sent to the national contest, which has a top prize of \$4,000. Deadline for entry is June 1. For more information, contact Carl C. Hoyt, project coordinator, 3658 88th Ave., Zeeland, MI 49464.

FOOD GUIDE: Bring on Healthy Food Choices! Oakland County Health Division has updated the American Red Cross Food Wheel for healthful eating. The revision is the work of the Health Division's registered dietitians. The colorful one-page handout features plenty of grains, fruits and vegetables.

Are you confused about fats? Where are they hidden? How to make trade-offs? The new Food Wheel will show you how. A special section describes fat serving sizes.

The guide is based on the new U.S. Department of Agriculture and Health and Human Services Dietary Guidelines for Americans and the American Cancer Society recommendations. The daily plan is easy to follow. It shows suggested numbers of servings from each food group for different ages.

For a free copy, if you're an Oakland County resident, send a self-addressed stamped (29 cents) business envelope to: Food Wheel, Materials Center, Oakland County Health Division, 27725 Greenfield Road, Southfield 48076.

SCHOOL LUNCH MENUS

NOVI ELEMENTARY & NOVI MEADOWS

Monday, May 18: Turkey submarine sandwich; baked turkey dog on a bun; vegetable sticks, orange juice; made-in-Michigan milk.

Tuesday, May 19: Cheesy Chicken Chicken nuggets with roll, baked hamburger on a bun; chef's salad with roll; mixed vegetables; assorted fruit and made-in-Michigan milk. Daily coloring book.

Wednesday, May 20: Stacked Saginaw turkey sandwich, baked pepperoni and cheese pizza; chef's salad with roll; Flint corn; Romeo assorted fruit and made-in-Michigan milk.

Thursday, May 21: Spaghetti with Italian meat sauce and garlic bread; baked hamburger on a whole wheat bun; chef's salad with whole wheat roll; garden fresh peas; cherry tart with topping; made-in-Michigan milk.

Friday, May 22: Baked chicken with whole wheat bun; roasted turkey dog on a bun; chef's salad with a whole wheat roll; mashed potatoes with gravy; cinnamon apple slices with topping; made-in-Michigan milk.

NOVI MIDDLE SCHOOL

Monday, May 18: Turkey meat submarine; vegetable sticks with dip; orange juice, milk.

Tuesday, May 19: Baked chicken nuggets with sauce and a roll; mixed vegetables; assorted fruit; milk. Lucky Tray Day.

Wednesday, May 20: Stacked turkey sandwich; corn; assorted fruit; milk.

Thursday, May 21: Spaghetti with Italian meat sauce and roll; garden fresh peas; cherry tart with topping, milk.

Friday, May 22: Cook's choice; mashed potatoes, cinnamon apple slices with topping; milk.

NOVI HIGH SCHOOL

Monday, May 18: Domino's Pizza; French fries or tossed salad with dressing; assorted fruits, milk.

Tuesday, May 19: Taco Bar: \$1.95. Taco boat or soft tortilla shell with taco meat, cheese lettuce and tomatoes in a pit; assorted fruits; milk.

Wednesday, May 20: Deli Bar: \$2.20. Kaiser roll with choice of stacked meat, cheese and trimmings; french fries or tossed salad with dressing; juice and milk.

Thursday, May 21: Spaghetti with Italian sauce and garlic bread; stuffed pizza; garden peas or french fries or tossed salad with dressing; assorted fruits and milk.

Friday, May 22: Pizza Bar: \$1.50. Mexican pizza; cheese pizza boat; Tony's pizza; french fries or tossed salad with dressing; cod fish with twister fries; assorted fruit and milk.

Stress is just mind over platter

SOOTHING SPLIT PEA SOUP
8 cups hot water
1 pound (2½ cups) dried split green peas
¼ to 2 cups diced ham, fully cooked
¼ cup chopped onion
½ teaspoon salt
¼ teaspoon paprika
¼ teaspoon pepper
¼ teaspoon dried crushed oregano
¼ teaspoon dried crushed basil
1 leaf bay
2 carrots, peeled and diced (about 1 cup)
1 potato, peeled and diced (about 1 cup)

Use the time you save to relax or do something you enjoy—put in the garden, read a good book or enjoy a soothing bubble bath after a hard day.

After a stressful day at home or work, treat yourself to something rich and satisfying "comfort food" such as hearty No-Stress Scalloped Potatoes, tasty Crumb-Coated Parmesan Chicken Breasts or a steaming bowl of Soothing Split Pea Soup. These recipes are microwave-easy to prepare—and sure to help mend frazzled nerves.

Copley News Service contributed recipes and information to this story. Recipes contained here are tested to 625- to 700-watt microwave ovens.

Micro-Tip of the Week: Split pea soup freezes well. Why not make a double batch someday when you're feeling ambitious? Freeze the extra in a quart plastic freezer container for a stressed-out day when you want a hearty and delicious meal without any hassle. To defrost, place the frozen soup in a microwave-safe casserole and microwave setting for 15 to 20 minutes. Let stand for 10 minutes, then continue to microwave on Medium-High setting until heated through. Stir and let stand for five minutes before serving.

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NO-STRESS SCALLOPED POTATOES
4 medium potatoes, peeled and sliced thin
1 medium onion, sliced thin
¼ cup diced green pepper
1 (10 ½ ounce) can condensed cream of mushroom soup
½ cup milk
¼ teaspoon pepper
¼ cup fine, dry, seasoned bread crumbs
1 tablespoon butter or margarine, cut into pieces

Yields 6 servings
Preparation time: 5 to 10 minutes
Cooking time: 12 to 15 minutes
Oven setting: HIGH (100 percent power)

Combine bread crumbs, seasonings and Parmesan cheese in plastic bag. Shake to coat evenly.

In small bowl, beat together egg, milk and oil. Dip chicken breasts in liquid mixture, then place immediately in bag with crumbs and spices. Shake to coat evenly.

Arrange chicken breasts in shallow, microwave-safe casserole, with thicker pieces toward the outer edge.

Microwave at HIGH setting for four minutes. Rearrange breasts and microwave at MEDIUM-HIGH setting 12 to 16 minutes longer, or until chicken is no longer pink on the inside.

Let stand 5 minutes before serving. Serve on a bed of hot cooked rice with a parsley garnish, if desired.

CRUMB COATED PARMESAN CHICKEN BREASTS
¼ cup fine dry bread crumbs
¼ teaspoon garlic powder

Combine bread crumbs, seasonings and Parmesan cheese in plastic bag. Shake to coat evenly.

In small bowl, beat together egg, milk and oil. Dip chicken breasts in liquid mixture, then place immediately in bag with crumbs and spices. Shake to coat evenly.

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GARDEN TURKEY AND RICE SALAD
2 cups cooked brown rice
1 cup cooked turkey breast, cut into bite-size pieces

Combine 1/8 ingredients in medium bowl. Combine Italian dressing and lemon juice. Pour dressing over salad; mix well. Refrigerate until ready to serve. Makes 3 servings.

Nutrition Information: Per serving Calories 380. Protein 28 g, Carbohydrate 52 g, Total Fat 9 g, Cholesterol 50 mg, Dietary Fiber 2 g, Sodium 575 mg. Percent of calories from fat: 12.

BUFFALO-STYLE CHICKEN SALAD
1 cup toasted or honey crunch wheat germ
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon paprika
¼ teaspoon cayenne pepper
¼ cup water
2 boneless skinless chicken breast halves (about 3 ounces each)
3 cups mixed salad greens
1 cup celery sticks
¼ cup fat-free blue cheese salad dressing
Combine wheat germ and seasonings; set aside. Combine water and egg white. Dip chicken into firm. Let stand 10 to 15 minutes at room temperature before serving. Serve with toppings. 8 servings

Nutrition Information: Per serving Calories 375. Protein 7g, Carbohydrate 43g, Total Fat 9g, Cholesterol 5mg, Dietary Fiber 2g, Sodium 150 mg. Percent of calories from fat: 30.

PEACH MELBA COOKIE TARTS
¼ cup (1 stick) margarine, softened
¼ cup sugar
½ teaspoon almond extract or ½ teaspoon vanilla
1 cup Quaker oats (quick or old fashioned, uncooked)
2 cups peeled, sliced peaches—½ cup peach or apricot preserves
½ cup raspberries

Heat oven to 350 degrees. Spray cookie sheet with non-stick cooking spray or grease lightly. Beat margarine, sugar and almond extract until fluffy. Mix in combined oats and flour. Divide dough into 8 equal pieces. On prepared cookie sheet, press each piece to form 3-inch circles, shaping edges to form ½-inch rim. Bake 14 to 16 minutes or until golden brown. Remove to wire rack; cool completely. Arrange sliced peaches on top of cooled crusts. In small saucepan, heat preserves over medium-low heat about 1 minute or microwave at HIGH 30 seconds. Spread 1 tablespoon warm preserves evenly over peaches. Top with raspberries; serve immediately. 8 servings.

Nutrition Information: Per serving Calories 260. Protein 3g, Carbohydrate 40g, Total Fat 3g, Sodium 140mg. Percent of calories from fat: 39.

NOT-SO-SINFUL SUNDRAE PIE
1 cup Quaker oats (quick or old fashioned, uncooked)
¼ cup (5 ½ tablespoons) margarine, melted
½ cup firmly packed brown sugar
Two pint cartons or one 1-quart carton frozen vanilla yogurt

Heat oven to 350 degrees. Lightly spray 9-inch pie plate with non-stick cooking spray or grease lightly. Combine first four ingredients; mix well. Press mixture evenly onto bottom and sides of pie plate. Bake 10 to 21 minutes or until golden brown. Cool completely. Allow yogurt to stand 20 to 30 minutes to soften. Spoon softened yogurt into cooled crust, spreading evenly. Freeze 5 hours or

MONDAY *Green Sheet*

Phone Numbers:

One local call places you classified ad in over 63,000 homes every Monday throughout Livingston County and the South Lyon, Milford, Northville and Novi areas...
To place your classified ad:
Brighton, Pinckney, or Farmington Hills: (313) 227-4430
Howell/Farmington Hills: (313) 448-2570
South Lyon area: (313) 437-4153
Milford area: (313) 885-8700
Northville/Novi area: (313) 349-3022
24 Hour Fax: (313) 437-9460

To place your circular or display ad:
Livingston County: (517) 548-2000
South Lyon area: (313) 437-2011
Milford area: (313) 685-1500
Northville/Novi area: (313) 349-1700

For delivery service, call:
Brighton, Pinckney or Farmington Hills/Howell/Farmington Hills/Novi: (517) 546-4809
Duplex: (313) 349-3627
Milford area: (313) 685-9466
Northville/Novi area: (313) 349-3627

Place classified ad Monday 8 a.m. to 5 p.m.
Tuesday - Friday 9:30 a.m. to 5 p.m.
Deadline: Friday 3:30 p.m. for Monday Green Sheet

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POLICY STATEMENT: All advertising in HomeTown Newspapers is subject to the conditions stated in the applicable rate card, copies of which are available from the advertising department. HomeTown Newspapers reserves the right not to accept an advertisement if it is in violation of the Fair Housing Act of 1968 which makes it illegal to advertise any "preference", limitation, or discrimination on the basis of race or ethnicity. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal housing opportunity basis. (F.R. Doc. 724993 Files 3-31-72, 8-45 Am.)

MONDAY

015 Lost
Lafayetteville, Mich. Female 7 mos. Burghly color. Grand River, Pinckney area. Brightwood. (313) 236-7612
010 Special Notices
1991-420 John Deere tractor with motor, 1988 Golden Trailer, taken from 601 S. Layette Street, South Lyon area. (313) 437-0830 or (313) 437-2064.
#1 GOLF & Tennis lessons. Children's, individual/group. Professional. (313) 486-4722.

022 Houses
HAMBURG: All sports Rush Lake, 2 br., newly remodeled 1472 sq. ft. real estate. Call (313) 434-3867.
LINDEN: near all sports lake, 2 br., vinyl, 2 bath, fireplace, 10' deck, sandy beach, only \$78,900. (313) 973-5929
MCKEAN: Lake. A very large 4 bedroom on private lot \$127,500. This is the nicest home you'll see in 25 miles. Call (313) 752-7255, leave message.
PINCKNEY: Brick ranch, 3 large br., brick ranch, 1975 sq. ft. open plan, enclosed porch, fireplace, oil heat, garage. \$265,000. (313) 978-8603
WHITE LAKE: Beautiful chalet home on private wooded peninsula, 150' of sandy beach, plus 140L on protected bay. Spacious panoramic view of Lake St. Clair. 5 bedrooms, 2 full baths, 2,300 sq. ft. on 2000 sq. ft. floor, 8 rooms, 27 baths, 4 car hidden garage, numerous amenities. \$280,000. (313) 987-1101

024 Condo/units
BRIGHTON: 91 Woodlake Condo 2, 2 br., 2 bath, pool garage. (313) 232-5147
BRIGHTON: 2 br., 1 ½ bath, condo w/built, completely remodeled w/updates. \$85,000. (313) 454-1917

MEMORIAL DAY EARLY DEADLINES
Monday Buyers Directory, Pinckney, Howell, Farmington Hills, South Lyon area, (313) 437-9460
Monday Green Sheet and Wednesday Green Sheet deadlines will be Friday, May 22nd at 3:30pm.
ORIGINAL artwork, hand-drawn, hand-colored, unmounted, price brought to your home or office. Call Cindy, (313) 334-1745 or (313) 885-5287.
PROM/Party dresses-Sale! Cost \$40-\$80. Also, very large selection of nationally advertised sale items as regular price. Some in large sizes. Elizabeth's Bridal Boutique, 52 E. Main, Northville. (313) 948-2783
WANTED: 30 people to lose 10 or lbs. 100% money back guarantee. For more information call (313) 964-2128

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Howell's Most Affordable New Condominium Community
Featuring...
2 Bedroom/2 Bath
Almost 2000 Sq. Ft.
Decorative Lighting
Screened Back Porch
Conveniently located off M-59 in Howell.
PRICED FROM ONLY \$66,949
Come to Dewick Lake Condominium for the Best Home Value in Livingston County.

MEMORIAL DAY EARLY DEADLINES
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171 Help Wanted
Sales
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180 Motorcycles
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182 Autos Wanted
I SELL MY YOUR CAR, TRUCK...

183 Boats and
Equipment
12 MEYERS aluminum rowboat...

184 Construction,
Heavy Equipment
12 TON crane big along trailer...

185 Trucks
1981 CHEVROLET, dump box...

186 4 Wheel Drive
Vehicles
1978 CHEVY Blazer. New tires...

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1982 GMC Full size conversion...

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NOVI 43426 WEST OAKS DR. AT NOVI & 12 MILE RD. WITH BORDERS. WEST OAKS PLAZA II. Phone: 344-4242. Monday - Friday 9a.m. - 9p.m. Saturday 9a.m. - 7p.m. Sunday 11a.m. - 5p.m. Monday, May 25, 9 a.m. - 6 p.m.

Stretch a budget Oriental style

If you want to get both body and checkbook off the road of excess and on the road to moderation, it's a good time to change the way you've been cooking.

Economy cooking used to be time-consuming because the mainstays—soups and stews—took a long time to cook. Today, convenience and health are just as important as the budget. Fortunately, a few shortcuts and ingredient substitutions can make these and other thrifty main dishes both nutritionally sound and weeknight quick.

Light yet satisfying Shanghai Meatball Soup, for example, is ready to eat in only 30 minutes. Convenient canned chicken broth and quick-cooking meatballs save time. Healthful additions to the soup include lots of low-calorie vegetables and ground turkey in place of the more traditional ground pork.

The meatballs owe their soft, moist texture to quick or old-fashioned oats. Whole-grain oats also add fiber and several important vitamins and minerals to ground meat and poultry. By broiling instead of frying the meatballs, you eliminate excess fat and the need for turning.

Like soup, meat loaf is another budget-wise main dish that's easy to modify to make it lower in fat, calories and sodium. Meat Loaf With Creole Vegetable Sauce takes advantage of the leaner ground beef (that's readily available in the supermarket. And, healthful extenders— $\frac{3}{4}$ cup of whole-grain oats and 1 cup of lightly cooked vegetables—stretch a pound of beef to serve six hungry adults. To cut cooking time in nearly half, the meat mixture is shaped into a long, narrow loaf.

Here are other tips from the Quaker Kitchens that can help you eat healthfully, save money and get you out of the kitchen in a hurry:

- Buy seasonal produce; it's less expensive and at its peak of ripeness. Serve with the peel for extra fiber.
- Stretch more expensive ingredients like meat and poultry with vegetables and grains such as barley, oats and rice. For speed, opt for stir-fries and one-dish skillet meals. Use cooking spray and a nonstick skillet to cut fat and calories.
- Follow recommended guidelines for portion sizes. A 2- to 3-ounce cooked, trimmed serving of meat, for example, is plenty for one person.
- Make a shopping list, clip coupons (but only for items you need) and watch for unadvertised specials. Use unit pricing (the cost per ounce or cup) to compare brands and the cost per serving of foods that come in several size packages.
- Cook double batches of soups, stews and casseroles on the weekend and freeze in meal-size portions.
- Make your own fruit-flavored yogurt by stirring cut-up fruit into plain nonfat yogurt.
- Don't skip breakfast. Oatmeal is nutritious, inexpensive (just pennies a serving) and quick to fix in the microwave oven. Top with fruit and lowfat milk for a complete breakfast.

SHANGHAI MEATBALL SOUP

- 1 pound ground turkey
- $\frac{3}{4}$ cup oats (quick or old-fashioned, uncooked)
- 2 tablespoons lite soy sauce
- 1 tablespoon dry sherry (optional)
- 2 teaspoons sesame oil (optional)
- $\frac{1}{2}$ teaspoons minced fresh ginger or ground ginger
- $\frac{1}{2}$ teaspoon pepper
- 2 14- $\frac{1}{2}$ -oz. cans reduced-salt chicken broth

- 1 cup water
- $1\frac{1}{2}$ cups halved pea pods or one 6-oz. package frozen pea pods, thawed, cut in half
- 1 cup thinly sliced carrot strips
- $1\frac{1}{2}$ cups bean sprouts
- $\frac{1}{4}$ cup thinly sliced green onion

Spray rack of broiler pan with no-stick cooking spray or oil lightly. Combine first 7 ingredients and $\frac{1}{4}$ cup chicken broth; mix well. Shape into 1-inch meatballs; place on prepared rack. Broil 6 to 8 inches from heat 7 to 10 minutes or until cooked through. In 4-quart saucepan or Dutch oven, combine meatballs with water and remaining two cans broth; bring to a boil over high heat. Add pea pods and carrot strips; cook 1 to 2 minutes or until vegetables are crisp-tender. Turn off heat; add bean sprouts and green onion. Serve immediately. About six 1-cup servings.

NUTRITION INFORMATION: Each serving (1 cup), calories 200, calories from fat 63, protein 19g, carbohydrate 15g, total fat 7g, saturated fat 2g, cholesterol 55mg, dietary fiber 3g, sodium 700mg, 33 percent calories from fat.

MEAT LOAF WITH VEGETABLE CREOLE SAUCE

- 1 cup chopped onion (about 1 medium)
- $\frac{3}{4}$ cup chopped bell pepper (about 1 medium)
- $\frac{1}{2}$ cup chopped carrot (about 1 large)
- $\frac{1}{2}$ cup chopped celery
- 3 cloves garlic, minced
- $\frac{1}{2}$ teaspoon red pepper sauce
- 1 6-oz. can no-salt-added tomato paste, divided
- 1 pound lean ground beef
- $\frac{3}{4}$ cup oats (quick or old-fashioned, uncooked)
- 2 egg whites
- $\frac{1}{4}$ teaspoon salt (optional)
- 1 16-oz. can stewed tomatoes
- 1 cup water
- 1 bay leaf

Heat oven to 350 degrees. Spray large skillet and rack of broiler pan with no-stick cooking spray or oil lightly. In skillet, cook first 6 ingredients over medium-high heat five minutes or until vegetables are tender, stirring frequently. Remove 1 cup of vegetables to large bowl. Add beef, oats, egg whites, salt and $\frac{1}{4}$ can of tomato paste; mix well. Transfer to prepared rack; shape narrow 10-inch long loaf. Bake 30 to 35 minutes or until cooked through. Meanwhile, add stewed tomatoes, water, bay leaf and remaining tomato paste to vegetables in skillet. Bring to a boil; reduce heat. Simmer 18 to 20 minutes or until sauce is thickened, stirring occasionally and breaking up large pieces of tomato with spoon. Remove bay leaf; serve with meat loaf. Six servings.

VARIATION: For meatballs, shape into 1-inch meatballs. Bake on prepared rack 18 to 20 minutes or until cooked through. Cook sauce as directed above, increasing water to $1\frac{1}{2}$ cups. Add meatballs to prepared sauce. Serve with rice, if desired.

NUTRITION INFORMATION: Each serving (1/6 of recipe), calories 240, calories from fat 81, protein 20g, carbohydrate 22g, total fat 9g, saturated fat 3g, cholesterol 45mg, dietary fiber 3g, sodium 300 mg, 34 percent calories from fat.

Keep your food safe

"It must have been something you ate!" How often have you said this to explain diarrhea, cramps, fever, headache, vomiting and other unwelcome upsets.

The idea that the food on your table may make someone sick is very disturbing, especially if you're the one in charge of the food, food safety and protecting family and dinner guests from food poisoning. Inviting friends over for dinner and sending them home with food poisoning certainly will not endear you to them.

Food poisoning is the great master of disguise. You could be up half the night with an upset stomach, headache and nausea and think you have caught a "flu-bug" or virus that's going around. But that may not be the case at all. A lot of people who think they have the flu are really suffering a mild case of food poisoning.

Symptoms may occur as quickly as one half-hour after eating contaminated food or they may not develop for several days or weeks. For most healthy people, food-borne illnesses are neither long-lasting nor life-threatening. The most vulnerable people are the very young, the very old, those that are already ill or those whose immune systems are not working.

Severe symptoms should be discussed with a physician. For a mild case, maintain constant liquid intake to replace fluids. There are many types of food poisoning, but these are

the three major culprits.

STAPH: (Staphylococcus aureus), usually transmitted by food handling. At warm temperatures (100 degrees F.), certain bacteria multiply rapidly and produce a poison that makes people ill. Staph is not destroyed by ordinary cooking, so foods (especially starchy foods, cooked and cured meats, cheese and meat salads) must be handled carefully. Do not leave at room temperatures for more than two hours. Symptoms: nausea, vomiting, diarrhea—usually two-six hours after eating—lasting one-two days.

SALMONELLA: A bacteria that can cause more severe flu-like symptoms (diarrhea, vomiting, fever). Symptoms usually appear within 12-36 hours and may last as long as a week. Salmonella is most often found in raw or undercooked foods such as poultry, eggs, meat and unpasteurized milk. Thorough cooking is the best way to kill salmonella.

CLOSTRIDIUM PERFRINGENS: These grow where there is little or no air/oxygen. Symptoms: diarrhea and gas pains 8-24 hours after eating, usually lasting a day or less. It often strikes in foods served in large quantities and left out at room temperature (Cooked beef, turkey, gravy, dressing, stew and casseroles are usual carriers). Refrigeration keeps clostridium perfringens from growing. Large portions are best divided into several small dishes.

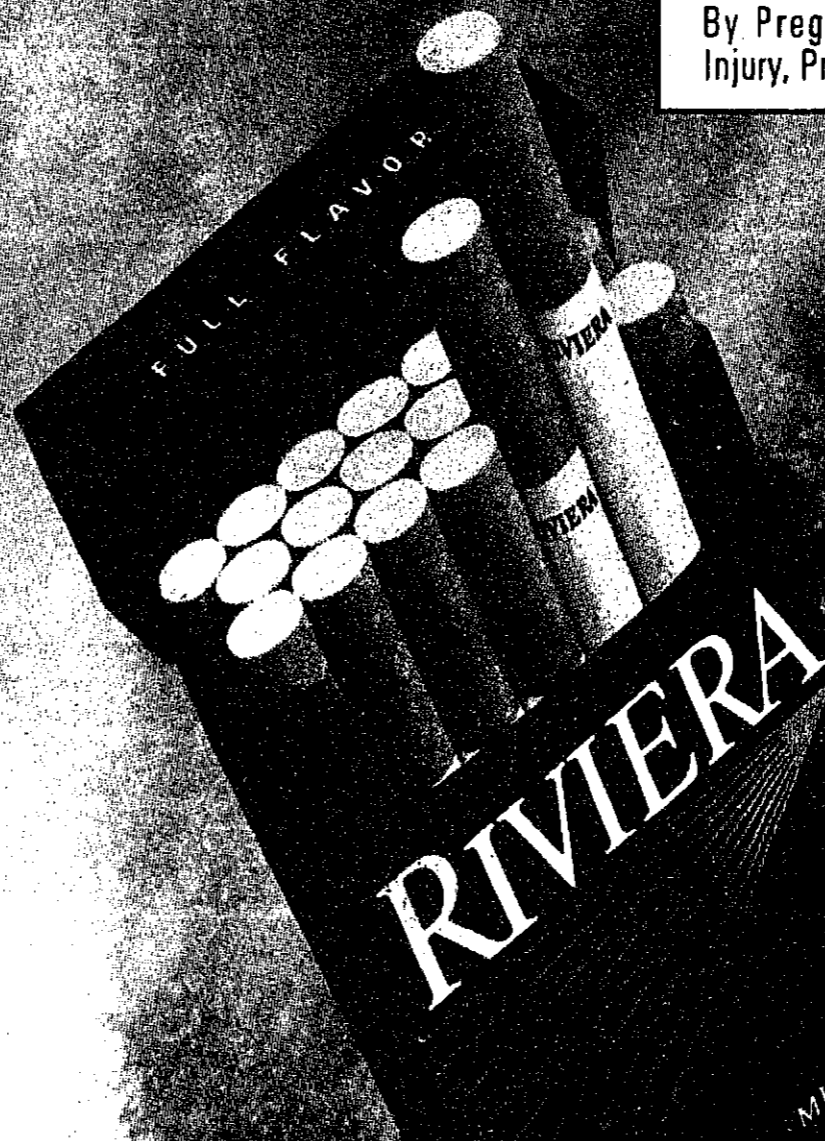
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I AM A SOLDIER. COUNT ON ME.



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