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Volume 37
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12 Pages plus Supplements

the NOVI NEWS

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Lakeside eatery draws a mixed LARA response

By SUZANNE HOLLYER
Staff Writer

A future East Lake Drive restaurateur faced his friends, foes and neighbors May 26 at a Lakes Area Residents Association meeting. Ted Andris, who owns property on East Lake Drive south of Fourteen Mile Road, hopes to build a restaurant on his property. But where exactly that restaurant will be remains to be seen.

A plan for the two-story restaurant to be built on the east side of East Lake Drive was approved by the Novi Planning Commission in 1991.

But a plan to build the restaurant on the lake side of the road arose out of a Concept Committee meeting between Andris and city leaders. The second plan would allow for the rerouting of East Lake Drive, a road residents have complained draws speeders.

Under the plan, the road would curve northeast to meet Fourteen Mile Road where drivers would then have to make two turns to get back onto East Lake Drive. The road would be moved in the hopes of slowing traffic, Andris said.

Andris would donate the land necessary for the new road's construction. The city would fund the

"If you build it, they will come."

Sarah Phelps,
Past President
Lakes Area Residents
Association

paving, under Andris' plan. Under the second proposal, Andris would add to his construction plans by building a small strip mall on the new East Lake Drive.

Andris attended a Lakes Area Residents Association (LARA) meeting May 26 to discuss both plans. Reaction was mixed, but many who spoke opposed the plan showing a restaurant on the lake.

Resident Martin Bay mailed a written survey to residents of East Lake Drive. Andris paid for postage. Bay said of his 38 responses, 24 supported the restaurant on the lake side with the rerouting of East Lake Drive. Ten respondents were opposed to a restaurant directly on the lake, and three were undecided. One response was discounted because

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Photo by BRYAN MITCHELL

Helping the homeless

Novi High School students made big bucks for those less fortunate than themselves. The students raised \$1,500 for the local organization, Active Friends of the Homeless, during a

recent rock-a-thon. Shown above, tallying their take just before making the donation, (left to right) are Rachel Streit, Jewon Hwang and Gaurav Rohatgi.

City home proposed for police station

By SUZANNE HOLLYER
Staff Writer

Talk of demolishing or boarding up a city-owned house on Walled Lake has surfaced, but the members of the Lakes Area Residents Association (LARA) has proposed a productive use for the facility.

The building on 1810 East Lake Drive currently is the home of city Planning and Community Development Director James Wahl.

LARA President Harry Avagian announced last week that he hopes to turn the house into a Novi Police Department mini-station.

Wahl said he would move out of the house within 90 days after an April 27 news story revealed Wahl pays \$200 a month rent to live in the facility.

At a May 26 LARA meeting, Wahl said he supports the plan, adding he will move soon.

The mini-station concept has been around for years, Avagian said. But the only available facility—a building at Lakeshore Park—is owned by the Parks and Recreation Department and cannot be made to work logistically as a police station.

Many Novi officers support the idea, Avagian said. Officers patrol

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Byers' trip called worthwhile

By SUZANNE HOLLYER
Staff Writer

The school district — and Novi taxpayers — spent \$1,601 to send school board Trustee Raymond Byers to an April national conference in Florida.

Byers believes the money was well spent.

The focus of the National Association of School Boards conference in Orlando was technology. Byers said the school district, which currently is building a Tech Center to provide Novi students access to modern technology, will benefit from the information he gathered at the conference.

Byers brought back a dozen informational booklets discussing topics ranging from financing technology to long-distance learning

programs.

At a future school board meeting, Byers will recommend the district join a national technology group he discovered at the conference.

"I think some of what they talked about has some real adaptability to use for the Tech (Center)," Byers said.

In the 1990-91 school year, the district spent \$56,148 on conferences. Figures are not yet complete for the current school year.

The seven-member Board of Education spent \$9,646 of the total.

In the Lansing School District, the Board of Education last week removed out-of-state conferences from the budget in an attempt to re-hire some reading instructors who earlier were lost to budget cuts. The change was made at the request of

several parents.

Novi is not facing a loss of teachers, but if it were, Byers equates the board's total conference cost to one-third of a teacher. Starting teachers earn around \$27,000 in Novi. Lansing schools are attempting to replace over 20 laid-off teachers by cutting conferences and other programs.

Byers said school board members can learn a lot at conferences. He would especially like to see board members spend more time at conferences in Michigan, which can be attended at little cost to the school district.

District teachers spent the most money on conferences during the past school year. Costs for teachers to attend conferences totaled \$30,137, according to figures supplied by Superintendent William

Perks...

on the public tab

Barr.

Administrators in school buildings racked up \$4,464 in fees while attending conferences. And central office administrators spent \$11,203 to attend conferences.

The community education department also attended conferences. But that department's costs were the lowest at \$697.

Byers said the location of the national conference he attended raises some eyebrows.

"People say, 'Gee, you got to go to

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Did serial killer commit Novi rape?

By CRISTINA FERRIER
Staff Writer

The victim of a March 5 sexual assault at Twelve Oaks Mall told Novi police last week she believes her attacker may have been confessed serial killer Leslie Allen Williams.

Novi Police Detective Frank Barabas said he intends to talk to Williams sometime this week about the case.

Williams has confessed to murdering four area women, raping a 9-year-old Wixom girl, and a string of other violent crimes. Among the deaths Williams has confessed to are those of Kami Villanueva, 18, of South Lyon and Cindy Jones, 15, of Milford, whose bodies were uncovered in a wooded area in Milford Township near Buno and Old Plank roads last Thursday.

Villanueva had been missing since September and Jones had been missing since January. Posters of the missing girls were in the windows of businesses throughout Novi until Thursday's discoveries took away any last hope that they might be found alive.

Williams was arrested on Memorial Day after visitors to a Springfield Township cemetery discovered him attacking a White Lake

Township woman. They flagged down a nearby Oakland County Sheriff's Deputy who arrested Williams with the woman still alive in the trunk of his car.

Barabas said the Twelve Oaks Mall victim called him the day after Williams' arrest.

"She called me and I said, 'I was waiting to hear from you. You've been watching TV, haven't you?'"

A composite sketch of the Twelve Oaks Mall attacker portrays a man with a receding hairline and heavy mustache, which are physical characteristics shared by Williams. Police described the suspect as always "polite" during the assault, an adjective that has also been used in some media portrayals of Williams. However, Barabas said the victim at Twelve Oaks Mall never really got a good look at her attacker's face.

Barabas said Williams is "a possibility" in the case, but only one possibility.

"It's just something to look at," he said. "And we have other evidence to look at that could either link him to it or rule him out."

The Twelve Oaks Mall victim, a 23-year-old Waterford woman, was abducted at gunpoint as she was about to get into her car around

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Captain America will fight comic book drug war in Novi

By CRISTINA FERRIER
Staff Writer

America's children don't have a lot of heroes.

And, as in the case of sports heroes like Mike Tyson, real-life heroes don't always end up setting the best examples.

That's why Novi Police Chief Doug Shaeffer is excited about a new Marvel comic book, for which he helped develop the idea, that is available free of charge at A&P and Farmer Jack grocery stores throughout Metro Detroit.

The comic book, which features Captain America going to war against drugs, hit the stores Thursday, May 28.

Shaeffer, along with Wixom Police Chief Larry

Holland and Walled Lake Police Chief Ken Borico, began developing the idea about a year ago as a way to send kids a "say no to drugs" message in a language they were sure to understand.

"Think about heroes," Shaeffer said. "There are sports figures, but many of them have disappointed us. Then there are political figures, but many of them have disappointed us."

"But comic-book heroes — they never disappoint us. They always do right, and they always prevail over evil."

The original inspiration for the book came from Holland, who saw a similar project two years ago when he was guest speaker at a meeting of the Canadian Association of Chiefs of Police in Vancouver.

"When I was there they had Spider-Man, and Spider-Man was jumping all over the tables and kids were there," he said. "It was the exact same anti-drug program, using Spider-Man." A similar program with a "live" Captain America was held May 21 at an elementary school in Southfield.

The idea remained in Holland's mind until about a year ago, when he was serving on a crime prevention/community policing committee with Shaeffer and Borico. That's when it got started.

I contacted Marvel Comics in New York about the idea, then two of their executives came in and made a presentation," Holland said. "We were very impressed and started to move on it."

Approximately 1 million of the books will be distributed at over 120 area stores.

Shaeffer said he, Holland and Borico discussed the idea for many months, but the project really got off the ground when Mars Advertising Company in Southfield became involved. That company landed the sponsorship of Farmer Jack/A&P.

The full-color, 36-page comic book includes store coupons and product advertisements.

"In order to pay for the comic books, we had to have the coupon section in the middle," Holland said. "But they gave us full veto power on the advertising, so that if there had been any cigarette or beer ads, or anything else that was controversial, we could have vetoed it."

It also includes special sections where comic characters named "Chief Larry," "Chief Doug" and "Chief Ken" give special advice to kids on how to avoid drugs.

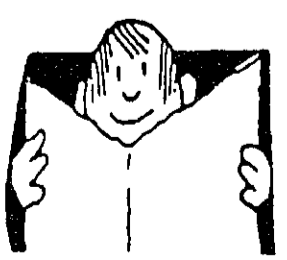
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DON'T FEAR!

INSIDE:
THE
SUBURBAN
CABLE WEEKLY



June 8 • Election

SCHOOL BOARD CANDIDATES

June 8 • Election

Why should voters choose you over the other two candidates?

Are you seeking a board member who is approachable, easy to talk to and sensitive to your needs? Do you seek one who will make you feel at ease when you address the board?

Is it a "mom" who has worked in the school's classrooms, lunchrooms, pre-school, kitchens, board of education that you want to represent you? How would you like to have a board member who has served on committees discussing boundaries, AIDS, enrollment, facilities, parenting, curriculum and counseling?

I have the time and the desire to serve this community. This is my profile



JULIE ABRAMS

The voters don't need to choose me over the other two candidates; there are two positions open. I am not running against anyone, rather I am asking the voters of the Novi Community School District to continue to allow me to serve on the board.

I am asking for that privilege because I think I have been responsive to the needs of the district, and to its citizens. I think that I can continue to contribute to the system and provide meaningful leadership at a time when leadership will be very important for our future growth. I am asking for the voters to return me to office on June 8th.



RAYMOND BYERS

Voters should select two not one candidate. Those two candidates should represent the very best this community has to offer. The Michigan School Board Association states: "The quality of responsible decisions, actions and performance is in proportion to the contributing competence and skill of board members."

I am a candidate whose actions support my communication; whose human skills foster listening and an ability to work with people; whose future-oriented skills will help lead this district into the 21st century; whose leadership skills foster planning and financial responsibility.

I have responsibly represented the citizens of Novi for the past four years and I would like to continue to serve as one of seven members working toward



SANDRA THORTON

educational excellence for today and tomorrow.

Oakland schools win in fight to save share of aid

By **TIM RICHARD**
Staff Writer

In a quiet revolt, suburban state senators recently upset Sen. Dan DeGrow's applecart, reducing the damage his school aid bill will do to out-of-formula districts. "It was a major, 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 Wednesday, May 13.

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 de-

"It had us between a rock and a hard spot. I hesitatingly voted for it (the final bill) because it was substantially better than when it came from committee. It still contains egregious errors. Nor have we removed the possibilities they could reappear in the House."

State Senator Jack Faxon
D-Farmington Hills

tailing 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:

- Novi, \$1.4 million.
- Northville, \$1.7 million.
- South Lyon, \$317,000.
- Walled Lake, \$2.5 million.

The amended version won 24-12 Senate approval. Democrat Jack Faxon of Farmington Hills, whose district includes Novi, and Republicans Robert Geake of

Northville and David Honigman of West Bloomfield all voted yes.

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, Geake's \$8.8 million.

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

"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.

It was the first major defeat for DeGrow and his allies, a bipartisan group from farm areas and older cities whose stated goal is to reduce the funding disparity of \$2,500 to \$8,000 between the poorest and richest districts.

The \$3.1 billion school aid bill goes to the House, where the DeGrow version has a champion in Rep. James O'Neill Jr., D-Saginaw, chair of the House school aid subcommittee. O'Neill, like DeGrow, wants to deduct as much categorical aid as possible from out-of-formula districts — mainly in Oakland, western Wayne and Macomb counties — to help poorer districts.

"Tax base sharing is still intact," said Bouchard, referring to the provision in the 1991 bill requiring out-of-formula schools to share half the growth in their business property taxes with the rest of the state.

"But I have an agreement we'll seek an expedited ruling from the Supreme Court on both tax base sharing and recapture," he said. Tax base sharing has been halted by circuit court order, though affected schools still must put the money in an escrow account.

In other amendments, the Senate stripped from the aid bill:

- \$13 million for "schools of choice" transportation, rejecting Gov. John Engler's recommendation. "Let the money go into the formula, and let the school districts decide how to spend it," said Faxon, voting no.
- \$6.3 million for a dozen districts to operate 200 class days a year instead of the required 180. "What's to say the 20 (added) days will yield results?" said Faxon.
- \$2 million for "charter schools," under which a school board would let groups of teachers set up specialized schools.

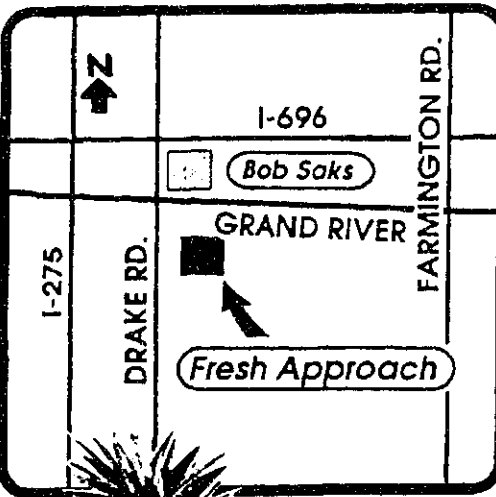
But the Senate retained \$2 million for training teachers in the Michigan Model for Comprehensive Health Education, an elementary school program that the political right calls anti-religion and anti-family.

Senators also retained a section taking 1-180th of a district's school aid for every day lost to a strike. Democrats barely lost on two tie votes.

Fresh Approach

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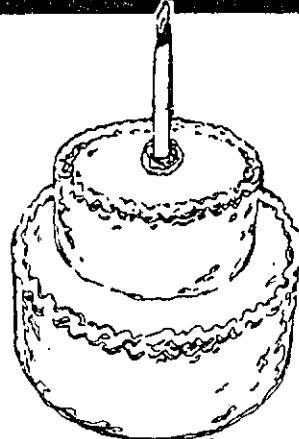
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FOOD CREATIVE DINING

B

MONDAY
June 1, 1992

Lois Thieleke/Nutrition

Don't be a flake when it comes to picking cereal

A stroll down the supermarket breakfast cereal aisle can be a challenge to the most informed shopper. Health pledges, great taste, cereal fun, toys and promises of athletic prowess stated on the boxes add to the confusion of seeking a nutritious breakfast for children and adults.

Cereal provides several nutritional benefits. It is a good source of carbohydrates, which gives us energy (calories) to start the day. Getting energy from a carbohydrate source low in fat, such as cereal, is one way to lower fat in the diet. If you're concerned about blood cholesterol levels, focus on the fat in the milk. For anyone over the age of 2, use skim or 1 percent milk rather than whole milk. When a cereal is fortified, that provides an excellent source of iron, and many women frequently have diets low in iron.

Advertisements have done a good job confusing the fiber issue in cold cereals. There are two types of fiber, soluble and insoluble. Oat bran is a source of soluble fiber. Wheat bran is a source of insoluble fiber. We need both soluble and insoluble fiber in our diets. Information is available about the insoluble fiber content of foods. Unfortunately, scientists have not developed tables that tell us the amount of soluble fiber in foods. However, we do know generally, oat bran, rice bran, dried beans and peas, and some fruits and vegetables are good sources of soluble fiber.

Many cereal companies would have us believe that their cereal products are the key to lowering cholesterol. Though there is truth to the claim that cereals may help lower cholesterol, the amount we would need to eat to achieve this is incredible. If oat bran were your only source of soluble fiber, you would have to have 100 grams of it each day to lower your cholesterol by 15 percent.

One serving of a popular cereal that advertises it contains oat bran has only 8 grams of oat bran per serving. This means you would have to eat about 15 cups of that cereal to get 100 grams of oat bran. If you are serious about lowering cholesterol, it would be better to add oat bran to various foods that you cook, besides a cooked cereal made from oats, rather than to rely on a cold cereal.

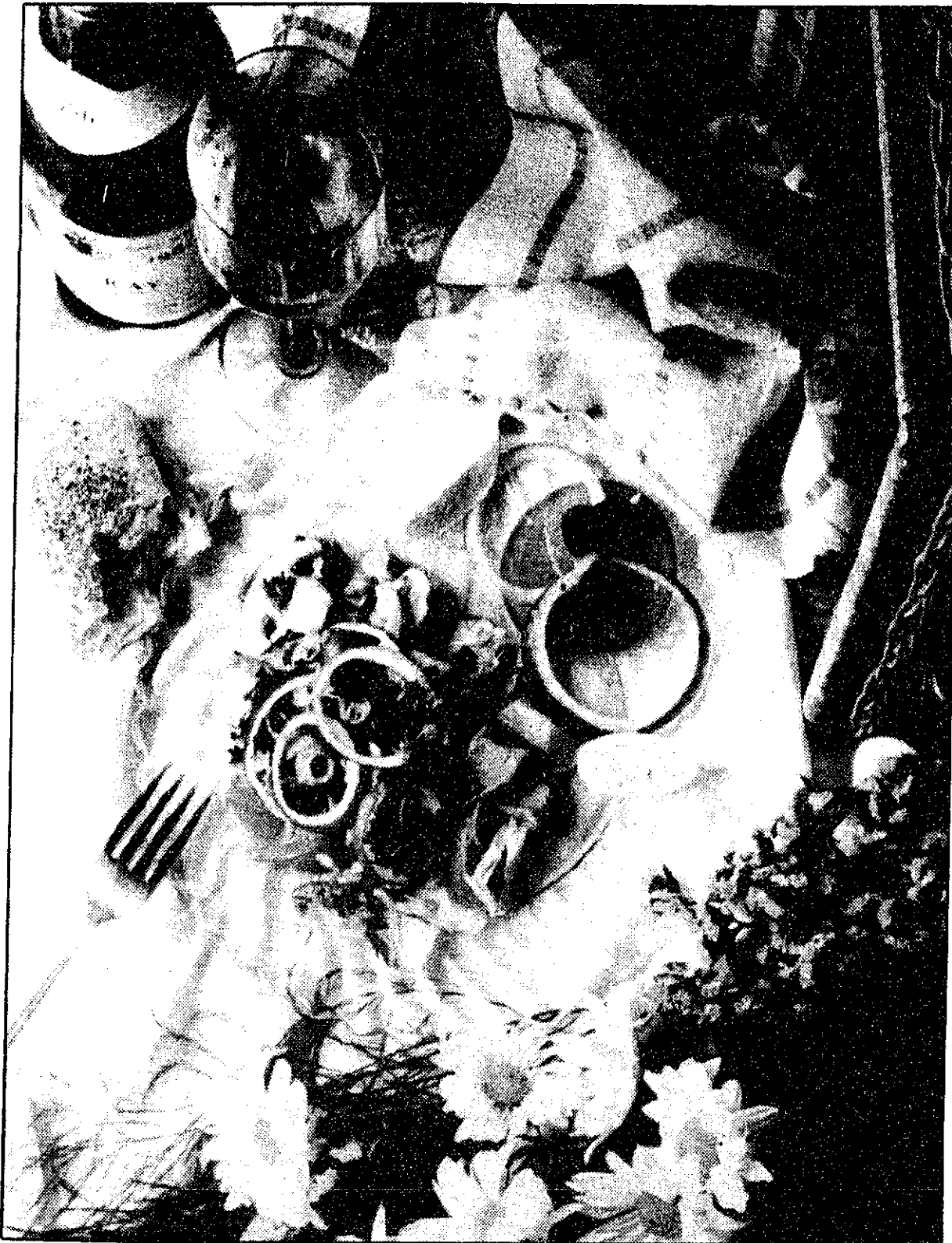
Insoluble fiber in whole grain cereals is important to help prevent constipation. Some nutrition scientists believe that insoluble fiber may have a role in helping to decrease risk of colon cancer. The National Research Council, the American Cancer Society and the National Institute for Cancer Research recommends that we obtain between 20 and 30 grams of fiber a day. Children's cold cereals are generally not a good source of fiber, despite what the box claims. Rather than rely on cold cereal for fiber, give them high fiber foods such as beans, fresh fruits and vegetables and whole grain breads throughout the day to ensure adequate fiber intake.

Another cereal-related issue is the amount of sugar that cold cereals contain. This may be especially important when children are eating several bowls of cereal each day. Try to choose a cereal that has no more than one to two teaspoons of sugar (4 to 8 grams sucrose indicated on the label per serving).

If your child likes to add sugar to cereal, then the lower the sugar in the cereal to begin with, the better. There is nothing wrong with a cereal containing some sugar, but whether and how much additional sugar you add is important.

To figure out the amount of sugar in the product, divide grams of sugar by four to determine the number of teaspoons per serving. For example, if one serving provides two grams that

Continued on 3



Pairing the right wine with a fine meal can seem a daunting task, unless you know what to look for

WINE IS FINE

And it's even better when you know how to pick a good one

You're having dinner at a nice restaurant and the task of selecting a wine has fallen to you.

You were doing fine up until this point, holding your own on world affairs, the election, hot literary properties, new diseases. But now, you are about to appear the fool, for, like many people who won't admit it, you know nothing about wine.

What to do? Until now, the cheap stuff with the colorful label from the grocery store has served you well. So long as the cork came out in one piece and the wine didn't smell like salad dressing, life was good. But the waiter is waiting. The decision is yours.

And exactly how do you decide if the offered bottle is a winner or Mountain Dew in drag?

Ask Ellie.
Ellie Boudt manages The Merchant of Vino on Northwestern Highway in

Southfield. He has studied wine and its accompanying disciplines — geography, geology, farming, poetry, philosophy and history — for more than 12 of his 30 years. The last eight of those years have been spent at The Merchant.

"Wine is ultimately a farm product. The grape has a lot of water which comes from the ground," Boudt said. That's one of the main reasons the taste of wine varies from region to region.

Even if you know very little about wine, Boudt suggested several ways to, at the very least, make a very intelligent assumption about the wine before you.

Start with a glance at the label. "Any label is a reflection of the laws of that particular region. What is compulsory in one (region) perhaps is not in another," Boudt said.

The label will tell you the level of al-

cohol (which varies), the quantity the bottle holds (which may seem simple but it's important — we'll get to that momentarily), the name of the producer and the name of the area where the grape was grown. First rule: the more information on the label (and the more specific that information is), the greater the chances that you're looking at a good bottle of wine.

"The name of the area it comes from indicates the type of wine. It defines the fruit," Boudt said. "The producer defines the style. The vintage (again) defines the fruit." In an ideal world where all sugars are the same, a higher alcohol content means less sugar.

Boudt also said the higher the alcohol content, the higher the viscosity, which is the way the wine feels on the tongue and inside of the mouth.

Continued on 2

Chef Mary Brady

Experience as a carny leaves a bad taste



Holidays do not faze me, mostly because I have to work, which means that there is no hiatus from toll. Also, the majority of us consider them to be vacation days.

How many of us went to a Memorial Day parade? Or to a cemetery to pay homage to those that have served our country? Or even thought about what the day meant other than a day off?

I didn't. I was "working" the Michigan Taste Fest in the New Center area. Team Michigan had a booth, and Diamond Jim Brady's was part of it. This was one of our latest fund-raising events.

Remember, we had just finished a grueling two weeks of competing. We were all tired. No, exhausted. But we had to be there. It was mandatory. Each of us had the same thought on running through our minds, "This is crazy. Why am I doing this?"

The tent that housed us for four days was huge when empty, but as we moved in paper products and food, the space became limited. At any particular time, there were up to 50 people working. Many of the local culinary schools, Oakland Community College, Henry Ford in Dearborn and Breithaupt Vocational in Detroit sent student volunteers. Many of the teachers were on hand to help also.

In return for their work, these students received a Team Michigan T-shirt and their membership dues paid for the Michigan Chefs De Cuisine. They were fabu-

ous. Many of them stayed for the entire four days.

They gave up their vacation to help us raise money for the trip to Germany. They were a great group of people. Many were not "typical" students. They had raised their children and were now grandparents and in one case a great-grandparent. This was a second career for them. Jerrie, my "partner" for the duration was fantastic.

The item of food that I committed to was buffalo shrimp, tasty shrimp in a light and spicy tempura batter. We have done this in the restaurant on occasion with minimal effort. Being in a real kitchen and being under a tent are two different stories.

The first sign that I had made a mistake was upon arrival on the opening day, Friday. The fryer was not only ancient-looking, but didn't work. Starting time for serving was 11 a.m. We began cooking at 1 p.m.

Hordes of people kept coming up to the window asking for shrimp. We knew then it was going to be popular. Our answer was the same, "The fryer isn't working yet." They didn't care. Just bring on the shrimp. The nightmare had begun.

I went into this venture with mixed emotions. Once again I was being taken away from my restaurant, my livelihood. Luckily Jerrie watched the night shift for me, and I was able to be back in Novi by the time the evening action began.

On the other hand, I looked at it as an adventure. Something that I'd never done before. Well, by the end of the festival, I knew I never wanted to do it again. I'm not a carny person and don't have any desire to be.

My work is hard and requires many hours. Carnival people work twice what I do. They start early and end late. The stream of "customers" is constant with no reprieve.

And there is little pleasure other than collecting tickets. No interaction with a guest. No joviality, no fun. Just get the food out as fast as you can because there is always somebody else in line. Tempers runs hot by the end of the day. People get tired of pumping out food.

It is a machine-like occupation: one that doesn't interest me in the least. I do admire those who have chosen this as a career. Madness.

By the end of Sunday, we were out of shrimp. Over 1,600 orders sold in three days. The last day and a half, we got it down to a science. Working out of two minimal fryers, we cranked out 400 pounds of shrimp. I was thrilled to have it over.

We cleaned up our area and prepared to close down the window. No such luck. Someone came up with Spanish rice. Why not hawk that? What the heck. "Spanish rice, Spanish rice. Only three tickets. Come and get your Spanish rice."

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...

CHARCOAL GRILLING TIPS: Charcoal briquettes, a combination of coal, sawdust, woodchips and sand are relative newcomers on the grilling scene...

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...

MICHIGAN CULINARY TEAM PRACTICE: Before the Michigan Culinary Team enters the World Culinary Art Salon in Frankfurt, Germany, next October, it will have to hold some practice sessions...

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...

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...

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Make your next wine a winner

Continued from 1 only reason Boudet could think of to send back a bottle of wine. That's why it's important to observe the quantity listed on the label, as mentioned above...

Al fresco fare is right for reunions

The temperature is rising and balmy breezes beckon you outdoors. Yield to temptation and take advantage of warm evenings and long, lazy afternoons to entertain al fresco.

FOOD SAFETY Whenever planning an outdoor feast, remember the basics of food safety. Generally, the best environment for breeding bacteria is room temperature, so arrange for hot foods to stay hot and cold foods to stay cold...

ARE YOU A COMPULSIVE OVEREATER? 1. Do you eat when you're not hungry? Yes No 2. Do you go on eating binges for no apparent reason? 3. Do you have feelings of guilt and remorse after overeating? 4. Do you give too much time and thought to food? 5. Is your weight affecting the way you live your life? 6. Do you use fasting, strenuous exercise, vomiting or laxatives to control your weight? 7. Have you tried to diet for a week (or longer), only to fall short of your goal?

Are you a Compulsive Overeater? If you answer "yes" to three or more of these questions, you may be a compulsive overeater. You are not alone. Millions of Americans suffer from this disease. Compulsive overeating is a painful, relentless illness that interferes with every aspect of life...

CELEBRATE AN AMERICAN TRADITION 50 YEARS OF U.S. SAVINGS BONDS

Florine Mark/Weight Watchers Have a cow over dairy delights

June is recognized as National Dairy Month to celebrate dairy products and the importance they play in our daily diet. Milk and other dairy products supply protein as well as a variety of vitamins and minerals essential for good health.

Trusty crustaceans make tasty fare

If you're a lover of shellfish, you're sure to enjoy a mouthful of chilled shrimp or a platter of crimson crawfish. Learn the simple technique of separating these favorites from their shells, then savor them right on the spot.

Dig out the freezer for the spring thaw

"When was the last time you saw the bottom of your freezer?" asks Sylvia Treiman, home economist for the Oakland Cooperative Extension Service. "Keeping frozen food too long may result in poor quality, not even worth using."

Marinade on meat gives grills gusto

Marinades will lend magic to your grilling. As flavor carriers, marinades enhance meats, especially fresh pork. Marinades "marry" with meats before grilling, allowing the flavors to penetrate the food.

School Lunch Menus

NORTHVILLE ELEMENTARIES Monday, June 1: Oven baked chicken drumsticks; mashed potatoes; roll with butter; sloppy joe on a bun; oven fries; assorted fruits and vegetables; milk.

MEADS MILL MIDDLE SCHOOL Monday, June 1: Pita sandwich with turkey, cheese and vegetables; pizza; chicken nuggets; cheeseburger on a bun; tuna or egg salad sandwich; turkey, roast beef or ham on bread or bun; choice of salads or veggies with yogurt dip; french fries; chili; assorted canned fruit; apples; oranges; fresh fruit in season; milk; tomato soup.

COOKE MIDDLE SCHOOL Monday, June 1: Hamburger bar with choice of beef patty or lean patty on a bun or pita sandwich with sliced American or Swiss cheese, bacon, sliced tomatoes and onions, pickles, catsup, mustard, barbecue sauce and pizza sauce; milk.

NORTHVILLE HIGH SCHOOL Monday, June 1: Flying saucer ravioli; chicken nuggets; pizza; submarine; deli sandwiches; taco salad; tossed salad; assorted salads; chef salad; french fries; assorted canned fruit; apples; oranges; fresh fruit in season; milk; cream of broccoli soup.

NOVI ELEMENTARY & NOVI MEADOWS Monday, June 1: Baked chicken nuggets with sweet and sour sauce and roll; baked turkey dog on a bun; chef's salad with roll; assorted fruits; milk.

NOVI MIDDLE SCHOOL Monday, June 1: Baked chicken nuggets with sweet and sour sauce and a roll; mixed vegetables; assorted fruits; milk.

NOVI HIGH SCHOOL Monday, June 1: Domino's pizza; french fries or tossed salad with dressing; assorted fruits; milk.

