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the NOVI NEWS

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The Haven opens new satellite in Novi

By JAN JEFFRES
Staff Writer

The Haven, which provides counseling and support for Oakland County victims of sexual abuse and domestic violence, opened a Novi satellite office on July 1.

Hedy Nuriel, executive director of The Haven, said the site was selected to serve the growing number of clients the United Way agency has coming from southwestern Oakland County communities, particularly Novi and Walled Lake.

"It is difficult for our clients from that part of the county to get to our other offices," Nuriel explained.

"Many court referrals are coming out of the Novi area, especially since the (52-1 District) courts is moving to Novi now."

A contract sealed this year between The Haven and the Walled Lake office of the Oakland County Department of Social Services has increased The Haven's local case-load "steadily," she added.

In 1992, 480 Novi residents sought help from The Haven.

Two years of rent for the new office, which is located in the Holly Hills Medical Building at Ten Mile and Haggerty roads, will be paid for by a grant from the Junior League of Birmingham. Staff and volunteers for the organization will not be stationed on site, but will make arrangements to meet clients there.

The Pontiac-based organization, which was founded in 1975, also has offices in Rochester, Southfield and Clarkston. A shelter for battered women and victims of sexual assault is run by The Haven in Pontiac.

The agency had been operating on a two-days a week basis for the past two months out of the Novi Youth Assistance office in the Novi Civic Center, but that was "low-key," Nuriel explained.

Those who need The Haven's ser-

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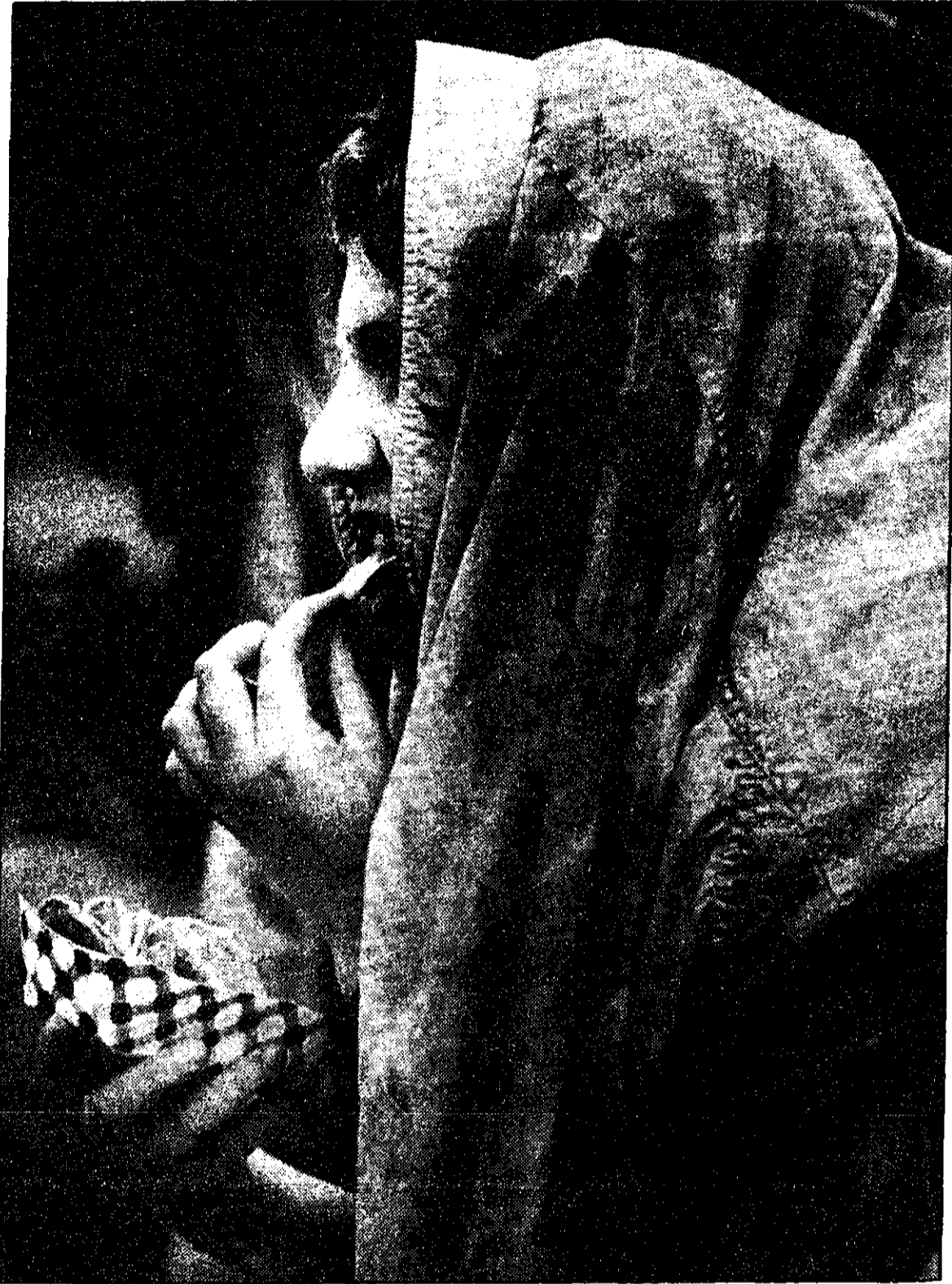


Photo by HAL GOULD

Foul-weather fan

Novi, like much of the rest of the area, has received a great deal of rain so far this year. And while that may put a damper on some summer activities, it hasn't cooled off the enthusiasm of fans to show up to watch Novi Youth Base-

ball at Bosce Field on Beck Road. Above, Michelle Kelmigian ate nachos in the rain last week while watching the youngsters play their sport.

Estate lot debate heats up hearing

By SCOTT DANIEL
Staff Writer

Most Novi residents seemed to have the same opinion on estate lot zoning: if it isn't broken, don't fix it.

A majority of citizens who appeared before the Planning Commission Wednesday urged the city to drop consideration of changing the master plan to require a minimum lot size of two acres in Novi's southwest corner. Planning commissioners heard from more than two dozen residents on the issue at a special meeting Wednesday evening.

The city is currently exploring the idea of designating a four-square mile area, bounded by Beck and Napier roads and Eight and Ten Mile roads, as "rural estate," meaning land could only be sold or purchased in parcels of at least two acres. The area is currently zoned "residential agricultural," which calls for one-acre parcel minimums.

"I feel if you do this two-acre thing," resident Sandy Polidori said, "we'll lose the value of our land. It's becoming slowly unmarketable because of Novi's restrictions."

Larry Meyer, one of Novi's few remaining small farmers with 40 acres in the affected area, agreed. "If you change this," he said, "you're taking money out of my pocket."

A few residents had different opinions.

"I'm in favor of leaving our area in a rural state," said Beth Valente, a land owner along Nine Mile Road. "Any kind of building will affect our homes."

James Antoskiak said he moved to western Novi to enjoy its country feeling and natural beauty — on a large lot.

"I really think this would work

"I feel if you do this two-acre thing, we'll lose the value of our land. It's becoming slowly unmarketable because of Novi's restrictions."

Sandy Polidori
Resident

and it's needed," he commented. No decisions were made at the meeting. The first formal action could come Wednesday at a regular meeting of the planning commission.

A public hearing will be held on the issue. Commissioners will have the option of making a recommendation to city council or delay action to a later date.

Whatever the outcome of that meeting, Novi Community Development Director Jim Wahl said the commission and council will hold a joint meeting on estate lot zoning next month. He didn't specify what decisions, if any, would be made at the meeting.

According to Novi Planning Consultant Brandon Rogers, now is the time to decide the direction of development for the city's remaining vacant lands. Bringing Novi's master plan up to date (it was last amended in 1988) will go along way in that regard, he said.

"We're trying to size up the future of the city before it's built out," Rogers told residents. "We need to re-examine, reappraise and reflect on the last two miles of the city."

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Cable TV thief will pay \$10 K to company

MetroVision of Oakland County recently agreed to accept a \$10,000 settlement from a Farmington Hills man charged with unauthorized reception of a cable signal.

MetroVision, which provides cable service to Novi, Farmington and Farmington Hills, acted on an anonymous tip from a subscriber in bringing charges of illegal possession and usage of a descrambler box. The settlement was in lieu of a trial which was scheduled in the U.S. 19th District Court for the eastern court of Michigan.

This is the third case the firm has brought to prosecution in several months, a company spokesperson said this week.

Three additional cases with damages totaling \$150,000 are currently pending in federal court.

"We are continuing to pursue cable thieves using local electronic detection methods and a nationwide service called 'The Network.' In this particular case, a concerned person called our Farmington Hills office directly," MetroVision vice president and general manager Tom Bjorklund said.

"However cable theft information comes to us, it is handled swiftly and confidentially. It is our goal to keep costs down for our subscribers, and cracking down on criminals is one more commitment to that end."

Cable theft includes the manufacturing, sale or possession of illegal descrambler boxes. Under Michigan law, any person involved in

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Residents worry more trees will die

By JAN JEFFRES
Staff Writer

At Briarwood of Novi Condominiums off Beck Road, residents pay premiums ranging from \$5,000 to \$15,000 for lots overlooking a wooded nature conservancy with an "up north" atmosphere.

That's why Jim Gibbs says he feels slightly sick every time he looks at Briarwood Park — a large natural area between the condominium complex's neighbors, Briarwood Subdivision and Roma Ridge Subdivision — where dozens of trees have died or are dying because their roots remained submerged in water.

Gibbs' home backs onto the woods in the condominium's south conservancy, woods which like the park soak in run-off water most of the time.

The way the system is designed, water from the condominiums and Beck Road is supposed to drain east into Briarwood Park, but that's not happening.

"(The condo conservancy is) going to look like the buzzard swamp (Briarwood Park)," he predicts.

He and his neighbor Aggie Dorchy have been down to city hall in recent weeks, seeking a solution. Gibbs, who is president of the Briarwood Homeowners Association, has walked much of the area and says he is convinced the drainage system is not working properly.

Novi's Public Service Director Anthony Nowicki describes Briarwood as "a rather involved situation." He's preparing a report on the matter for the July 12 city council meeting.

"JCK (Novi's consulting engineer) has reviewed the plan by Seiber Keast (the developer's engi-

neer). Hydrologically, it somewhat functions. I'm not sure what the real problem is other than the pockets of water. Trees do die due to exposure to water," Nowicki said.

In January, City Attorney David Fried concluded in an investigation of Briarwood Park that Novi's 1993 Stormwater Master Plan and its 1985-1986 woodlands ordinance were working against one and other. The stormwater plan uses existing wetlands in low areas for run-off water. In some cases, these are wooded regions which have been only periodically sunk in water. Full-time submersion kills off the trees at the roots.

When it was first designed, the Stormwater Master Plan was "leading-edge technology," David Bluhm, Director of Planning Services at JCK & Associates said.

"It's a great concept, but like anything else, once you start to get things in place, things come up that were not foreseen. I think they're seeing that in the wooded areas. The trees are being put under more stress than they thought they would be, so they're dying off," Bluhm explained.

The conservancy is owned by the developers, Briarwood of Novi Partners, not the city. But city consultants and officials had to approve the plans, Gibbs says.

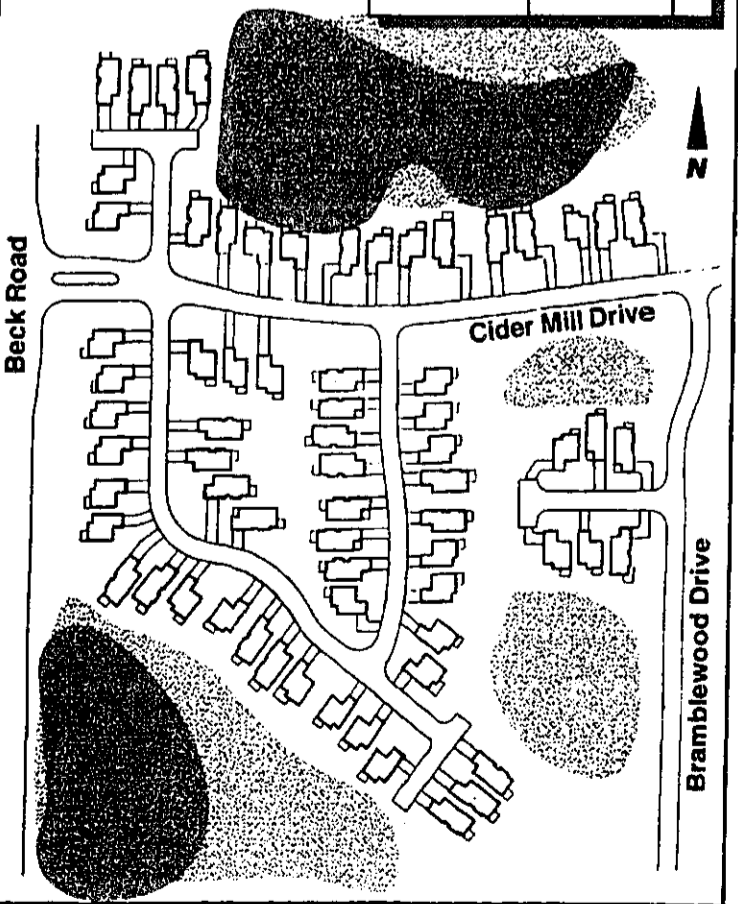
"They've asked us to become involved there. We're trying to help them out. There's very little we can do without city council approval," Nowicki added.

Fixing the problem would be time-consuming and expensive, Bluhm explained. Permits from the state department of natural resources would be needed to drain the Briarwood Park detention basin. The channels downstream would

Endangered Woodlands

Briarwood Condominiums of Novi

Conservancy Areas
Standing Water



have to be widened to accommodate an increased water flow. Existing culverts under Ten Mile Road would have to be reconstructed.

"There's obviously some problem. It's very well known they're experiencing difficulties with pockets

of water. From an engineering standpoint, the system is functioning within all city regulations and design and construction ordinances," Bluhm added.

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WHAT'S INSIDE?



Contracts let for road work

By RANDY COBLE
Staff Writer

The Novi City Council attended to some public service business at a recent meeting. Members approved road and sewer improvement and expansion projects.

The council adopted the following measures on a 7-0 vote:

Approval of a Michigan Department of Transportation (MDOT) contract for Novi Road improvement work from Twelve to Twelve-and-a-half Mile roads.

Awarding the contract for the Nine Mile Road/Center Street sanitary sewer project to Sunset Excavating for \$116,232.

Awarding the contract for Twelve Mile Improvements to Champagne Webber for \$2,887,489.90.

MDOT and Novi will share costs for preliminary engineering work associated with the reconstruction of Novi Road between Twelve Mile and Twelve-and-a-half Mile roads. With the council's OK, the state's Transportation Economic Development Fund will pay 75 percent of the estimated \$140,000 in costs for the work. Novi will pick up the remaining quarter, or about \$35,000.

The city's six-year road program includes the costs associated with the project, Director of Public Services Anthony Nowicki said in his report on the subject.

City Attorney David Fried has reviewed the agreement between MDOT and Novi and has not recommend any changes. Nowicki said that his department requested and received MDOT approval of a wording change in the contract. The change modifies the scope of the project to include a 300-foot stretch of Novi Road north of Twelve-and-a-half Mile.

The plan calls for Novi Road to undergo reconstruction and widening from Twelve Mile to that 300-foot mark north of Twelve-and-a-half Mile. The roadway will have five lanes with curbs and gutters when complete.

The council also gave the green light to awarding Nine Mile sanitary sewer work to Sunset Excavating, on the recommendation of city consulting engineers JCK & Associates.

The work will total \$116,232. Nowicki indicated in his report on the subject.

Sunset has already performed several jobs for the city, and JCK said that they are capable of completing this particular project as well. That project will include construction of a parallel 18-inch sewer on Center and replacing an existing 21-inch sewer along Nine Mile. The end result will be to increase the capacity of the two sewer sections in accordance with permit requirements by the Oakland County Department of Public Works. Funding, Nowicki said, will be via a pay-back ordinance to be prepared

by Fried.

JCK reviewed the eight bids submitted for the job and recommended Sunset although United Underground Construction Corporation's bid was lower. According to Nowicki, JCK took into account factors that make Sunset a better choice, such as experience on related projects and capacity to fulfill the work needed.

United Construction, he continued, has been in business less than one year and has not been involved in a project similar to that on Nine Mile. Therefore, JCK recommended that its \$92,226 bid be bypassed in favor of Sunset's \$116,232.

The contract amount is over JCK's April estimate of the project's cost (\$104,500).

Finally, the council awarded the contract for improvements to Twelve Mile to lowest-bid firm (of six that submitted bids) Champagne Webber for \$2,887,489.90. That bid is \$221,337.90 (or 8.3 percent) more than JCK's estimate of the bid work in January. However, it is more than \$482,015.10 (or 14.3 percent) lower than the original 1990 estimate.

JCK's estimate, Nowicki said, did not include work required by the Oakland County Road Commission or a contingency fund.

Taking those costs into consideration, Nowicki said, "JCK re-evaluated the final condition of the 1990 roadway bond program and determined that sufficient monies exist to satisfy the funding needs of this project."

Keith Uutinen of JCK said that the January bid estimate was reduced "to hopefully reflect 'better' bid prices due to a soft local construction market."

When the additional costs are included in the bid, however, Uutinen said that the actual overrun is \$89,686.90 (or 3.4 percent).

The project consists of remarking Twelve Mile into a six-lane concrete thoroughfare for about 1,500 feet east and west of Meadowbrook Road. Some turn land and resignalization work is planned for Meadowbrook as well, Nowicki said.

The total cost for the project is estimated at \$4,830,498, Nowicki said in an April 15 memo. That figure includes about \$3 million for construction; about \$600,000 for complete engineering and right-of-way services; about \$747,000 for right-of-way and easement acquisition; about \$200,000 for miscellaneous right-of-way services; about \$102,000 for right-of-way litigation; and about \$152,000 for road bond discount costs.

All necessary right-of-ways, easements and grading permits have been obtained, Nowicki noted. With the award of the contract, actual construction work should begin soon.



Photo by HAL GOULD

A little rain must fall

Eight month old Deanna Wagner is learning earlier that into every life a little rain must fall. She was one of the loyal fans who stuck it out

despite the wet weather to watch Novi Youth Baseball last Thursday. She is pictured with Diane Stachowski and Colleen Schultz.

Condo owners fight to save trees

Continued from Page 1

"They're seeing water pocket more in that area than you would have seen before... The water will never get to the point where it's up to their lots."

The Briarwood of Novi homeowners association has already paid to have some of the dead trees in the condominium's conservancy cut

down. Two basements in the complex have flooded and Gibbs says some condo residents keep their sump pumps "running all the time."

"We're just worried about the value of our property, that this is all going to be dead back here," Gibbs said.

"We've been arguing down at city hall. We feel the drain pipes are set

too high. The water isn't draining out. The culverts under the road are set too high."

One thing which really irks some of the condominium residents is that they were told they'd be living on a nature conservancy when they bought their homes, not part of a stormwater retention system.

"They described it as a conser-

vancy that would never be built upon. That it would always be that way. We did not see water standing behind our lot. I would venture to guess it's probably a foot deep today," said Dorchy, who bought her condo in August 1990, said.

"They've (Briarwood subdivision) had a loss of trees. Ours is next to happen. Our complex is newer than theirs. Ours is a delayed reaction."

New estate zoning debate heats up

Continued from Page 1

To a large degree, development in the four-square-mile area will be controlled by the land's natural features. Chairperson Kathy McLallen said of the thousands of acres contained in the site only 800 are "buildable" because of wetlands and woodlands restrictions.

Further complicating development is the lack of utilities in the area. Without sewer and water hook ups, potential home owners would be

forced to use septic fields and well water.

Novi Engineering Consultant David Bluhm said a U.S. soil survey of the area showed 90 percent of the soils were "poorly suited" septic fields. He added that extending city sewer lines would be costly and difficult because of the need to dig deeper to avoid water.

Construction of water mains would be less difficult, Bluhm said. But the city still faces a moratorium on new hook ups to its Detroit-based system.

Besides the physical shortcomings of the land, parcel owners said the economic realities of large lots would make it extremely expensive to develop. Homes, they say, would cost hundreds of thousands of dollars.

Resident Jack Healey noted that similar large lot housing developments in Millford have failed. He said in five different subdivisions only a few homes have been built over the last several years.

"There is no demand for one- and two-acre lots," Healey said.

McLallen agreed. She said there is less than two percent demand in the housing market for large lots.

"If we go to this type of zoning," McLallen said, "my feeling is that development would come to a screeching halt."

Commissioner Glen Bonaventura disagreed. He said the large lot zoning would control development at a manageable rate.

"My view on the community is slow growth, not no growth," Bonaventura said.

MetroVision nabs third cable thief

Continued from Page 1

the alteration of telecommunications service and equipment owned, controlled or operated by another person is guilty of a misdemeanor and may be punished with one year in prison, a fine or both.

Along with criminal prosecution, both state and federal laws allow for additional recovery of monetary damages in court. As the national cable industry estimates losses at \$4.7 billion per year in revenues due to signal theft, prosecution is being sought more frequently.

MetroVision encourages anyone

with information on cable theft to call the company or The Network. The Network is an independent firm based in Atlanta which serves as a clearinghouse for information on unauthorized reception and sales of cable television services and equipment.

Illegal activity may be reported by calling 1-800-241-5689 seven days a week, 24 hours a day. Callers are interviewed by telephone and given a code number for identification. Their identity is kept secret and tipsters may receive cash rewards of \$25 to \$300.

CITY OF NOVI
NOTICE OF PROVISIONS OF THE NOXIOUS WEED AND REFUSE ORDINANCE

TO: All owners, occupants or possessors of subdivided lands or lots:
NOTICE IS HEREBY GIVEN that in accordance with Section 21-20 of the Novi Code, all noxious weeds, or other weeds, grass, brush or deleterious, unhealthy growths exceeding a height of twelve (12) inches, or any refuse or debris growing, standing or lying upon any property in the City of Novi, shall be cut down, destroyed or removed as the case may be, at least twice in each year, once during the last half of the month of May and again during the last half of July of each year and more often as may be necessary.

In the event the owner or occupant, or any person or persons, agent, firm or corporation having control or management of any subdivided land in any subdivision in which buildings have been erected and where such subdivisions has a zoning classification that is "residential," shall fail, refuse, or neglect to comply with the above mentioned Ordinance, the City shall cause said weeds, grass, brush, deleterious, unhealthy growths, rubbish or debris to be cut down, destroyed or removed. Provided, further, that any lands which are situated within the flood plains of any natural streams or water courses, or any area between the lower or upper banks of such streams or water courses shall be exempted from the provisions of this Ordinance. The expense incurred by the City in the cutting, destruction or removal of same together with a ten (10) percent administrative charge will be levied and collected against such property in the manner provided by law.

Failure to comply with the requirements set forth in Section 21-20 of the Novi Code may also result in the prosecution for same, and liability to the extent of the penalty therein provided.

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FOOD CREATIVE DINING

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MONDAY
July 5, 1993

Florine Mark/Weight Watchers

Nutritionists say your diet should veg out

Major national health organizations have cited the importance of fruits and vegetables in the prevention of disease and the promotion of a healthy life. All Americans are encouraged to eat "five a day," this summer, Weight Watchers offers three all-star recipes for delicious and easy summer salads.

Try out and select several winning recipes for vegetable salads. Make them your signature dishes that you contribute to barbecues and cookouts all summer long.

Marinated Vegetable Salad, Fresh Texas Salsa and Creamy Broccoli Salad are all fresh, light and flavorful. All three recipes were developed by Weight Watchers members and appear in the new "Favorite Homestyles Recipes Cookbook." They'll probably become favorites in your home.

MARINATED VEGETABLE SALAD

1 cup broccoli florets, blanched
1 cup cauliflower florets, blanched
1 cup sliced celery
1 cup sliced carrots
½ cup chopped green bell pepper
½ cup thinly sliced red onion
4 ounces drained cooked kidney beans
4 ounces drained cooked chick-peas
10 small green olives, pitted and sliced
10 small black olives, pitted and sliced
¾ cup reduced-calorie Italian salad dressing
(6 calories per tablespoon)

In large bowl, combine all ingredients, tossing well. Refrigerate at least 3 hours or overnight to develop flavors. Makes 8 servings.

Each serving (¾ cup) provides: ¼ Fat; 1½ Vegetables; ¼ Bread; 10 Optional Calories on the Weight Watchers Food Plan. Per serving: 65 calories; 4 g protein; 1 g fat; 14 g carbohydrate; 40 mg calcium; 457 mg sodium; 0 mg cholesterol; 3 g dietary fiber.

FRESH TEXAS SALSA

10 medium tomatoes, quartered
½ cup chopped onion
¼ cup sliced scallions (green onions)
1 large jalapeno pepper quartered and seeded
2 tablespoons chopped fresh cilantro
1 tablespoon granulated sugar
1 teaspoon freshly ground black pepper
Juice of ½ lime
Salt to taste

In food processor, combine tomatoes, onions, scallions, jalapeno pepper, and cilantro; process until sauce is just chunky.

Pour into large mixing bowl; stir in remaining ingredients. Cover and store in refrigerator up to 2 weeks. Serve as an appetizer dip or a sauce for fish, chicken, beef, or pork. Makes 12 servings.

Each serving (¼ cup) provides: 2 Vegetables; 5 Optional Calories on the Weight Watchers Food Plan. Per serving: 36 calories; 1 g protein; 0 g fat; 8 g carbohydrate; 12 mg calcium; 13 mg sodium; 0 mg cholesterol; 2 g dietary fiber.

BROCCOLI SALAD

1 cup plain nonfat yogurt
1 tablespoon plus 1 teaspoon reduced calorie mayonnaise

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Dixie Delicacies

Southern pride evident from home cooking

By ORLANDO RAMIREZ
Copley News Service

Prudence Hilburn's love of baking began in her mother's kitchen. The youngest of seven children, she watched her mother performing biscuit "magic" every morning.

The day in her Piedmont, Ala., home began with baking, just as it began in homes throughout the South in the days before packaged baked goods. Although the tradition may be on the wane, Hilburn is doing her best to keep it alive with her new cookbook "A Treasury of Southern Baking" (HarperPerennial).

"I hope that it isn't dying out," says Hilburn in an interview. "But I see a revival of the baking spirit. It's important to teach children while they're young to develop a love of baking."

But she does admit that times have changed, what with two-income families and not enough time to bake for each meal, as was the custom while she was growing up.

That's why she includes a "Busy Baker" section in each of the chapters on cakes, cookies, pies and puddings and breads. These quick recipes often use convenience mixes to get tasty results.

"I wanted to write a cookbook that was not intimidating," Hilburn says. "A book people would actually use, that doesn't call for ingredients you can't buy."

Don't let the homespun approach fool you. Hilburn has trained with some of the best chefs in France and New York, including Simone "Simca" Beck, James Beard and Peter Kump of the New York Cooking School. She also writes two weekly columns, one for *The New York Times* syndicate and the other for the *Anniston Star* in Anniston, Ala.

Nonetheless, Hilburn remains more the Pillsbury Bake-Off finalist (six times) than the chef cooking fancy dishes in high-priced restaurants.

The mother of four (three girls, one boy) with four grandchildren, Hilburn didn't really start baking until after she married her husband, Huey.

Her first success came in 1963, when she was named a finalist in the Pillsbury Bake-Off for a Tropical Orange Cake.

"It had coconut icing and was made with orange juice and other tropical fruits," she recalls. "I got the idea from ambrosia. It's been so long since I made one." Hilburn went on to win so many bake-offs that she was disqualified.

"Not only me," she says. "But my daughters, too!" During this time she worked as an accountant, a job she held for 25 years, but she always saw cooking as more than a hobby.

Deciding to make a career change, she went to New York to study with James Beard, then went with a group from Kump's school to the South of France to study with Beck, the co-author of *Mastering the Art of French Cooking*, with Julia Child.

"Peter Kump said he wished I was working in New York," Hilburn says. "But I wasn't sure. My husband said, 'Go for it,' and I decided to give it a try."

Her accounting experience served her well because she was able to work in the New York Cooking School's office and "take any course I wanted with any teacher I wanted. It was a real learning experience. I was willing to start at the bottom and do anything to broaden my knowledge."

Then Beard asked her to work with him. Unfortunately, Beard died before she had the opportunity, but he did introduce Hilburn to Barbara Kafka, who wrote the introduction for *Southern Baking*.

Yet, little of these classic influences seems to have infiltrated Hilburn's recipes.

"I can make a classic butter-cream frosting," she says. "But it isn't right with these types of recipes."

That kind of cooking can be very elegant. Southern cooking isn't always elegant, but tastes good.

Whether intentional or not, Hilburn has tapped into the growing interest for regional American cuisines. Her emphasis on using prepared mixes and canned ingredients draws on basic American homestyle cooking, ex-



Cookbook author Prudence Hilburn worked with a basic coconut cake recipe to get it just like mom's.

emplified by her Pillsbury Bake-Off honors.

"There is something in the book for everyone," she says. "There are recipes easy enough for the weekend baker and recipes tasty enough for the professional."

Many of the recipes were handed down from her mother. Like most home bakers, Hilburn's mother rarely wrote anything down and measured everything by hand, which proved to be a handicap when it came time to write *Southern Baking*.

To re-create these oral recipes accurately, Hilburn had to rely on her own skills as a baker.

"I sat down with a basic layer cake recipe," she says of her recreation of the Fresh Coconut Cake.

"And I worked with it until I got it to taste like mother's. Once I got it, I knew it by memory." Hilburn notes that the one thing that differentiates

Southern baking is the ingredients; primary among them is flour.

Southern bakers have a fondness for self-rising flour that is usually milled from soft winter wheat. This gives their biscuits that light, fluffy quality that is hard to duplicate with all-purpose flour.

To approximate self-rising flour, Hilburn suggests you add 1 tablespoon baking powder and 1 teaspoon salt to 2 cups all-purpose flour.

Another difference is the use of margarine (or as Southerners call it "oleo") instead of butter, although Hilburn says the choice is up to the individual.

Another ingredient — that has now fallen into disfavor — is lard. It is used in the basic Southern Biscuits

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Consider the egg for nutrition and value



Mary Brady

As a young child one of my fondest memories was spending time with my grandparents. Three out of four were excellent cooks.

Grandfather Smith didn't cook but truly enjoyed eating. When we lived in Buffalo I would often spend weekends at the Smith house. Later, after moving to Northville, school and summer vacations were the times spent with them.

The days were leisurely. Reading, napping, eating three squares a day and then some.

Breakfast was always the same. Two soft boiled eggs, toast with butter, grapefruit, juice and cereal. This meal had been ritual for 75 years. My grandfather's mother cooked the same breakfast when he was a youngster. The only thing that ever changed was hot versus cold cereal and the variety of toast and jams.

Lunch was often a fried egg sandwich or two. My grandfather was extremely weight conscious. Never, never did he go over the recommended weight charts. As a colonel in the Army for three wars, he was well versed in restraint and self control.

He died in 1977 at the age of 92 after a short illness. I remember everyone marveling at how he ate two eggs or more a day, butter, milk, cream and ice cream and that he lived to be healthy and old.

Today, all we hear is to avoid eggs because of the negative effects they carry. Could it be, maybe, that it isn't the eggs but all the other garbage we load into our systems?

Let's consider nutrient density. Nutrient density is a way of evaluating the nutritional quality of a food by comparing the amounts of nutrients it contains against the number of calories it provides.

For an example, a glass of milk contains 160 calories plus significant amounts of protein, calcium, riboflavin and other nutrients. By comparison, an alcoholic drink, containing the same amount of calories, is virtually devoid of any essential nutrient. Thus, the milk is "nutrient dense" while the alcohol is not.

We each have a "caloric budget" for each day. The food choices we make as we "spend" this budget must supply nutrients as well as fuel. The trick is to choose foods low in calories and high in nutrients before using up your allotment of calories.

This situation presents a "catch-22" dilemma for modern people: Eat more food and you risk obesity, eat less and you risk nutritional deficits! Thus the foods eaten must be more nutrient dense.

Enter the egg.

The egg is one of nature's better nutritional efforts, designed as a total life support system for the developing chick. One serving of two large eggs provides 160 calories and 9 percent of the daily requirement for protein, vitamin A, riboflavin, iron, vitamin D and phosphorus needed by the average woman.

As a source of high quality protein eggs cannot be beat. There are eight essential amino acids or "building blocks" of protein that cannot be manufactured by the body. Foods that contain all eight are called complete proteins.

Eggs, like other animal proteins, fall into this category. The pattern of essential amino acids in the egg is so ideal that it has

been used for years as the standard against which other protein foods are judged.

An egg contains all of its fat (6 grams) and cholesterol (265 milligrams) in the yolk. This is where most other nutrients are found also. Remove the yolk and you seriously alter the protein and nutrient content the egg has to offer.

There are three different types of fat in the yolk: polyunsaturated (1 gram) monounsaturated (3 grams) and saturated (2 grams). Because high blood cholesterol has been identified as a risk factor for heart disease, dietary fats and dietary cholesterol have been under intensive study to find out whether and how they influence blood cholesterol.

It has been learned that saturated fats can raise blood cholesterol in some people, while dietary cholesterol does not seem to have a consistent effect on blood cholesterol.

On the other hand, there is evidence that polyunsaturated fats and perhaps monounsaturated fats may lower blood cholesterol. Research is inconclusive on the effect of cholesterol present in eggs in relation to blood cholesterol.

Some people show higher blood cholesterol with a high egg diet while others show no effect and in some cases lowered blood cholesterol. These highly varied and individualistic responses cannot be explained as yet. Other risk factors such as smoking and high blood pressure are equally important.

For people sensitive to dietary saturated fat and cholesterol, eggs should be eaten upon recommendation of your physician. For the rest of us the fat content of the egg provides a good "stick-to-the-ribs" energy kick to fuel the body for hours after consumption.

Finally, eggs are a bargain when it comes to the food budget. By government regulation, one dozen large eggs must weigh 1½ pounds. Therefore it is easy to figure the cost per pound. Even at the high price of \$1.20 per dozen eggs cost a mere \$.90 per pound.

Next in line for protein economy is beef liver followed by peanut butter. Thus the egg is one of the least expensive of the high quality animal proteins.

It would be difficult to design a food that compares as favorably, both in nutrients per calorie and nutrients per unit cost.

