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INSIDE**Coping with grief, loss during the holidays**

Holidays are a time when the world seems to slow down. We concentrate on what is important. Time is typically centered on relaxing and enjoying ourselves with family and dear friends. We nurture and celebrate our relationships, undistracted by everyday life. Consequently, any losses are felt more acutely during this time. If the pain is related to the loss of a relationship, the holidays can make the hurt more painful.

— Page 6A

Giving back to his roots

When Novi-based Realtor Joe Williams was growing up in Redford Township his family got a lot of help from Wayne's St. Mary's Catholic Church. He never forgot that or his mother's admonishment to "give 'til it hurts a little and then that's enough."

— Page 8A



Joe Williams

Holiday shopping at school

Parents of Parkview Elementary students will be receiving some surprises under the tree this holiday season, as their children have all gone shopping... by themselves. The school's PTO sponsored the "Holiday Shop" event, which allows children to choose gifts for the whole family, pay for them and have them gift wrapped. The shop took place on Nov. 19 and 20.

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Ex-employee commits murder-suicide**Shooting at ValleyCrest Landscape Management**By Victoria Sadlocha
STAFF WRITER

Police are wrapping up their investigation into the tragic events unraveling last week when a confrontational employee killed his supervisor and then turned the gun he was carrying on himself shortly after being fired from his job.

Novi police said they are wrapping up some details, but the investigation of the crime rare to

this community is coming to an end.

"We've had confrontations of disgruntled employees before," said Police Chief Douglas Shaeffer, "but nothing that raises to this type of magnitude."

On Thursday, Nov. 21 at about 4 p.m., ValleyCrest Landscape Management employee Michael Henley walked into the Trans X Drive trailer office and shot 24-year-old Bryan Bowden of Madison Heights before killing himself with a single gunshot wound to the head, police said.

Shaeffer said it appears the 36-year-old Westland landscape employee was fired from his job about one hour before the shooting occurred.

"Apparently he (Henley) confronted two of the supervisors

when asked to perform a particular activity," Shaeffer said. "He became very irate and confrontational and it was decided then he needed to be dismissed."

Henley later returned to the trailer carrying a .22 caliber semi-automatic rifle, witnesses told police.

According to a press release issued by the city, a female employee of ValleyCrest was standing with her back to the door when she heard loud noises believed to be gunshots.

She then saw Henley chase Bowden into an office, heard gunshots and saw the man fall to the floor.

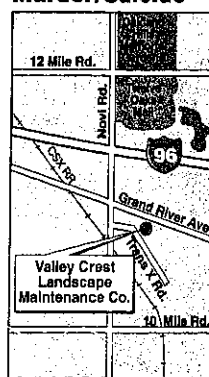
"As soon as he finished shooting Bowden, he pointed the gun at the secretary," Shaeffer said. "He was very agitated at the time."

Shaeffer said Henley dictated a letter to the woman talking very despairingly about a couple of other employees not in the office at the time.

"There is no doubt in my mind we would have a much greater tragedy if the other employees would have been at the scene," Shaeffer said. "It could have been much worse."

Police said the gunman let the woman leave after the note was complete because he told her she had been nice to him.

"We've been in business for 53 years, and we hope this is the first and last time our company ever experiences anything like this," said Renu Nallicheri, ValleyCrest Landscape Management assistant

Murder/Suicide

SOURCE: Novi Police Dept.

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Photo by John Heider

Four of Novi's Plan Review Dept. employees check out a preliminary site review blueprint for a retail center along Novi Road last Thursday afternoon. From left is Planner Tim Schmitt, Civil Engineer Ben Croy, Civil Engineer Brian Coburn, and Community Planning Assistant Donna Howe.

Catching Up

Employees of the city's plan review center show they are making improvements and catching up on their workload

By Victoria Sadlocha
STAFF WRITER

Two months after receiving heavy scrutiny, the city's plan review department opened its doors to the community to show improvements are underway.

Employees demonstrated the progress the department has made during an open house held Nov. 20. Some of the most noticeable changes included the reduction of back-logged projects and a new physical layout of the employees' work space.

The department, located on the first floor of the Novi Civic Center, received a new floor plan, allowing for easy communication between different disciplines.

The ease of talking over the wall and around the corners of office cubicles was devised to ensure communication between all disciplines resulting in a decrease of time site plans come back through the review process.

"We look at the plans when they first come in as a group," said Barbara McBeth, City of Novi planner. "There's always discussion."

And not only has the number of projects in the center for longer than 25 days been reduced, but bringing together the landscape architect, woodlands and wetlands, planning and engineering professionals has

also reduced the number of site plans submitted multiple times for approval.

McBeth said the fiscal year-to-date average of site plan resubmittals is 9 for each project, meaning when looked at as an average, plans are coming back about once through the process.

Other data provided by the center indicates the center has 46 stamping sets completed, has held 13 pre-application meetings and 48 concept meetings.

"We really try to focus a lot on the pre-application meeting," McBeth said. "It ultimately reduces the amount of resubmittals. We're catching up very quickly."

City officials said the planning, engineering, traffic, fire and facade reviews are all caught up and it is only the landscape and woodlands review departments that are behind, resulting in plans being in the center

longer than the 25-day goal.

A site plan status report as of Sept. 19 showed 45 active projects, 15 of which were beyond the target completion date for at least one of the disciplines being reviewed.

Interim landscape architect Mike McGinnis agreed the bottleneck is now in landscape and woodlands review.

McGinnis is helping the city with reviews while officials search for a permanent full-time landscape architect to replace Lauren McGuire, who left the city Oct. 2.

City of Novi Assistant City Manager Clay Pearson said the focus is on getting it right the first time and the department is saving money for the city.

"A lot of good work is getting done," Pearson said. "And we're always striving to do better."

The plan review department came under fire during the Sept. 23 Novi

City Council meeting. Some members of council were concerned the department was not performing where it should be since opening Jan. 1.

Talks of halting resources to the city's newest division also came up during the discussion.

"It is good to hear that they are taking the matter seriously and that they are working to make changes to increase the effectiveness," said Craig DeRoche, Novi city councilman.

The idea for the plan review center originated from the city manager to bring the process of reviewing site plans in-house to reduce the city's reliance on outside consultants.

Victoria Sadlocha is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 105 or at vsadlocha@ht.homecomm.net.

We really try to focus a lot on the pre-application meeting. It ultimately reduces the amount of resubmittals. We're catching up very quickly."

Barbara McBeth
City of Novi planner**Ring in the holiday**

City hall buzzes with preparations for Novi's new celebration, electric light parade

By Victoria Sadlocha
STAFF WRITER

Holiday spirit is heading to Novi in a new, sparkling package.

The city's annual holiday celebration is scheduled for next week, featuring many enhancements including an electric light parade.

The Thursday, Dec. 5 event, appropriately titled, "Ring in the Holidays," is a great way to gear up for the season whether you are 5 or 75.

"The event will offer something for everyone," said Randy Auler, director of the City of Novi Parks, Recreation and Forestry Department. "From the young to the old, our hope is for the entire community to come out and kick off the holidays, share the spirit of the season and enjoy some good, old-fashioned fun."

What was once known as the "Main Street Holiday Walk" has evolved into a large-scale production.

Attendees at the Main and Market streets event will enjoy plenty of sensory delights inside and outside of the downtown festival area.

The night begins at 6 p.m. with caroling, music and complimentary samples from many of Novi's best restaurants.

Food booths lining the Main Street area offering some of their best known stomach fillers will include Mesquite Creek, Lazy Lizard Cantina, Guernsey Farms Dairy, BD's Mongolian BBQ, Red Lobster, Buffalo Wild Wings Grill & Bar, Cottage Inn Pizza, Coffee Trader, Diamond Jim Brady's Bistro, Panera Bread Company and McDonald's.

Sheryl Walsh, City of Novi communications manager, said everything from pizza to soups to kettle corn to biscuits to chicken wings to hot fudge sundaes will be available.

At 6:30 p.m., the city's first electric light parade complete with floats and marching bands from Novi schools will begin.

The parade, beginning at Market Street and turning right onto Main Street, will feature self-created luminary floats from many groups and organizations including Schoolcraft College, The Prisoner of War Committee of Michigan, Novi Lions and local Boy Scouts.

The city's 25-foot-tall holi-

continued on 3

Council Briefs

Open space preservation

Members of the Novi City Council voted unanimously during the Nov. 12 meeting to approve the first reading of an amendment to a Novi zoning ordinance relating to open space preservation. The amendment was created to comply with a new state law requiring cities, villages and townships in Michigan to allow developers to plot subdivisions in a manner that preserves valuable open space resources. The legislation allows development up to 80 percent of the property with the preservation of at least 20 percent of the site in open space.

Police hiring

The decision to hire one to three additional police officers was postponed once again during the Novi City Council Nov. 12 meeting. Members of the council decided to discuss the issue at a later date because of the late hour. The city recently learned it would not be receiving a COPS universal hiring grant, placing the original plan of employing three additional officers this year in limbo. The city has \$137,000 set aside for the hiring which was initially earmarked as grant matching funds.

New fence

The Novi Department of Public Works will receive security chain fencing as the result of an unanimous approval by members of the city council during the Nov. 12 meeting. Northern Fence Company, the lowest bidder, received the \$30,000 contract. The fencing will secure the DPW facility, equipment and the surrounding area.

Telecommunications update

Members of the Novi City Council voted during the Nov. 12 meeting to approve a proposal for telecommunications services to Plante & Moran, LLP. For \$8,000, the firm will perform an analysis of local and long distance service, which is done by the city about every three years. The intent is to make sure Novi is getting the best pricing and service available. Plante & Moran was the lowest bidder.

Dump trucks

The city's dump trucks will be receiving new bodies after the Novi City Council voted to approve the expenditure during the Nov. 12 meeting. City officials said the trucks are about 10 years old, the beds are no longer usable and replacing the bodies is a practical and economical solution to replacing the entire truck. The \$9,429 contract was awarded to C.E. Rolland Company, the low bidder. The funds for the expenditure will come from the vehicle maintenance account.

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By December 14, 2002

City announces philanthropic spending

■ The city announces its 2003 allocation of Community Development Block Grant funds, benefiting organizations helping residents of Novi

By Victoria Sadiolcha
STAFF WRITER



Craig Klaver

The City of Novi 2003 Community Development Block Grant spending program has been allocated, placing the focus on city services including fighting family violence.

Once again, HAVEN will receive a portion of the \$109,749 federal funds Novi will allocate for the upcoming year.

The organization, dedicated to building violence-free communities one family at a time, will receive \$12,000, an increase of \$1,000 from the 2002 program year.

"We're very pleased that they will be continuing to utilize a portion of the Community Development Block Grant funds to support the victims of domestic violence and child abuse that so desperately need HAVEN's help," said Holly Nurell, HAVEN president and CEO.

HAVEN started receiving funds from the city during fiscal year 1994-1995.

According to data provided by Nurell, from July 1, 2001 through July 31, 2002, 126 individuals from families in the City of Novi sought assistance from the organization.

Nurell said Novi is about the sixth largest community utilizing HAVEN's services and within the

top ten of all communities in Oakland County.

The total CDBG funds allocation for the new year including HAVEN includes:

- \$9,000 to the OLSHA for the manager of the city's senior center
- \$8,000 to Novi Youth Assistance for the benefit of specialized counseling and camp scholarships
- \$20,000 to the Senior Van Program for senior transportation services
- \$62,749 to the Minor Home Repair program for residential home repairs
- \$12,000 to HAVEN for the benefit of battered and abused spouses.

The organizations chosen to receive money remained the same from last year, with some changes in the dollar amounts.

This year, Novi Youth Assistance and HAVEN will receive \$1,000 more than last year while the city's senior center manager will receive the same amount in 2003.

The senior van program will receive close to \$10,000 less than last year's amount and Novi's

minor home repair program will receive close to \$8,000 more in the 2003 program year.

"The Minor Home Repair Program reflects an increase over the money that was funded last year because the committee is very pleased with the success of that program and there is a reduction in the senior van program, which was not based on the merit of the program, but on the fact that they had to find the money to increase the minor home repair program," said Craig Klaver, program liaison and City of Novi chief operating officer.

The city received 31 requests for assistance through the city's minor home program and the senior van program serviced 10,069 passengers last year.

Representatives of Novi Youth Assistance said they have received CDBG funds for moderate to low income and special needs youth since 1994.

According to information provided by Claudia L. Walter, M.S.W., a Novi Youth

Assistance youth and family caseworker, this year 44 families benefited from specialized scholarships to send children to Summer camps and by offering skill building activities and supportive programming.

The youth organization is pleased to be chosen again for further funding.

HAVEN

One of the organizations receiving Community Development Block Grant funds through the City of Novi is HAVEN.

During the city's fiscal year ending June 30, 2002, the organization dedicated to ending domestic violence assisted 126 individuals from families in Novi.

Out of the 126 Novi individuals, the breakdown of type of assistance consisted of:

- Two adults and two children in the residential (shelter) program
- Twelve participants in the domestic violence counseling program
- Seven participants in the sexual assault and child abuse treatment program
- Eighty-two participants in the advocacy program (people seen in court or hospital)
- Eleven participants in the supervised parenting program
- Nine participants in the batterers intervention program
- One participant in the START program or forensic nurse examiner program

The organization also received 59 crisis calls from Novi residents.

SOURCE: HAVEN

Oakland County serves as the initial recipient of the grant money and provides financial oversight for the expenditure of the allocated funds.

The allocation along with organization choice was submitted to the city by the Housing and Community Development Advisory Committee, a group

comprised of five members of the community.

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Novi Chamber bylaws changes stalled

By Phil Foley
STAFF WRITER

Novi Chamber of Commerce members voted Nov. 19 to put off deciding whether they should alter the way chamber bylaws are changed until after the first of the year with the group's new board in place.

With less than 10 percent of the chamber's membership on hand for its November luncheon at the Wyndham Garden Hotel, a measure to give the board of directors the power to change the group's bylaws was held off by just an eight-vote margin.

Chamber members have been buzzing since last month when the chamber's bylaws revision committee suggested that the chamber eliminate a provision

requiring all members to be notified 10 days before a vote on a proposed bylaws change. The committee also wanted to allow bylaw changes to be made by a two-thirds vote of the chamber board of directors.

Novi Police Chief Doug Schaeffer, who headed up the committee appointed by outgoing chamber chairman Jane Thomas, argued that the chamber's current bylaws are "inflexible" and that the board needs "the ability to change rapidly when we need to."

Noting that chambers in Troy, Farmington Hills and Southfield have long allowed their boards to modify the groups' bylaws, Schaeffer argued, "We don't need to reinvent the wheel, we just need to make sure it's

handed and that's just not the case."

"This is like a dictatorship," thundered Jim Moody, arguing against the change. "We pay to be in this organization and we should be able to protect ourselves."

Novi Expo Center's John Bowman, a lawyer on the bylaws revision committee, said the committee was asking for nothing different from what's already being done in places like Farmington Hills and Sterling Heights as well as in many corporate board rooms. Besides, he added, "you still have the opportunity to get 50 people to overrule the board."

Committee member Jonathan Brateman argued the change would simply make the chamber

"more effective and more efficient."

The membership voted 30 to 22 to wait on making that decision until January.

"I know this is a very hot issue," said incoming chamber chairman Lou Martin following the vote, "and I want to be able to work with the committee on this."

Martin and his new board were slated to hold workshop sessions in Lansing the Thursday and Friday before Thanksgiving to set their agenda for the coming year.

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Company spreads gospel of lean management beyond auto industry

■ Focus on "discovery learning rather than lecture"

By Phil Foley
STAFF WRITER

There's more to lean management than chopping heads and slashing budgets.

That's the message out of a non-descript office block in Novi that looks more like a daycare center on the inside than a corporate training center.

The non-traditional atmosphere at the Lean Learning Center, said Jamie Flinchbaugh, one of the center's three founders, is the result of a method of teaching based on "discovery learning rather than lecture."

After the Japanese auto industry handed Detroit its head in the early 1980s, words like six sigma, kaizen and lean began getting tossed around at engineering gatherings and the Toyota Production System became the El Dorado of manufacturing.

The Lean Learning Center opened its doors in Novi in April 2001, five months after one of its founders, Dennis Pawley resigned as CEO of lighting supplier Guide Corp., following a spectacular blowout the General Motors Corp. Pawley, who was one of the key executives credited with transforming Chrysler Corp into the auto industry's most profitable company in the 1990s, vowed to "stop the madness" and help teach automotive suppliers how to stay in the game.

Pawley joined with Andy Carino, president of Achievement Dynamics, a Palm Beach Gardens, Fl.-based consulting firm and Jamie Flinchbaugh, an engineer who had helped develop the Chrysler Operating System and worked with DTE Energy on implementing lean management processes at the giant public utility.

Flinchbaugh said they chose Novi for their base of operations because it's centrally located for companies in Metro Detroit and Novi offers easy access to their airport for the centers national and international clients as well as things to do after the sessions are over.

According to Flinchbaugh, the first thing managers coming to the center have to learn is that "lean" isn't a box of tools you can pick up at the hardware store, take back to the shop and start adjusting

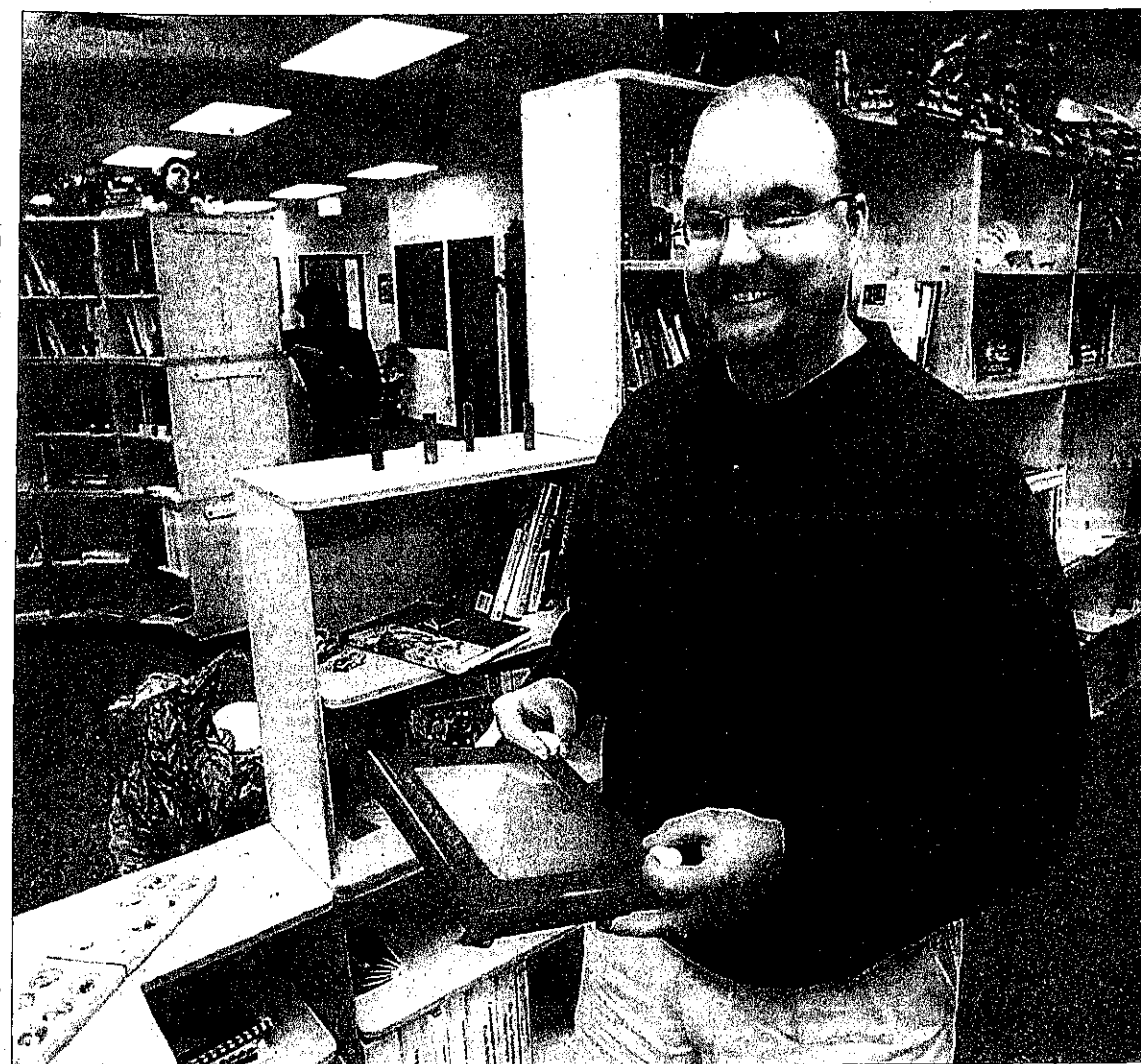


Photo by John Heider

Jamie Flinchbaugh, founder and partner at Novi's LEAN manufacturing teaching center, holds one of the many problem-solving, creative-julces-flowing toys that line classroom's bookshelves: an Etch-A-Sketch.

things. Instead, he said, it's a way of thinking.

It's about being more effective and efficient," he said, noting that some parts companies that took work offshore to save money lost money because their defect and reject rate became unacceptably high.

On the other hand, said Flinchbaugh, DTE took a trans-

former repair facility that had been a cost center for years and turned it around into a profit center by applying "lean" principles to the way the facility operated.

"Using the same amount of people, they went from a 33 day turn-around on repairing transformers to 22 hours," he said, adding eventually the facility began pulling in work from the outside

and became a profit center for the company.

He said that while the way lean principles are implemented may vary between an air ambulance company operating in one state and billing in the hundreds of thousands and a multi-national auto parts supplier with sales in the billions, but the principals are the same.

That he said, is why the center

can hold a class for health care professionals and manufacturing managers at the same time and it works, because "lean" is a way of looking at how work is structured.

He added it's also not a one-time magic-bullet sort of thing. "Look at Toyota," he said, "they've been doing this for more than 50 years and they're still at it. It's more of a continuous process. You never meet the ideal."

For more information on the Lean Learning Center, visit its website at www.leanlearningcenter.com or call Flinchbaugh at (248) 478-1480.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.homecomm.net.

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Coping with grief, loss and the holiday season

Part I - WHY DO THE HOLIDAYS MAKE LOSS SEEM ESPECIALLY DIFFICULT?



Theresa Lynn

Holidays are a time when the world seems to slow down. We concentrate on what is important. Time is typically centered on enjoying ourselves with family and dear friends. We nurture and celebrate our relationships, undistracted by everyday life. Consequently, any losses are felt more acutely during this time. If the pain is related to the loss of a relationship, the holidays can make the hurt more painful.

It is not unusual to feel as if we are "going crazy," especially if we have lost someone we love. However, any loss may turn our world upside down: that of a pet, a job, or a physical ability; any kind of broken relationship, possession, or a sense of safety and security. Other occurrences can cause upheaval, including miscarriage or abortion; life plans gone awry; missing an important event; or the loss of hope, freedom, or even sobriety. Missing anything that has become familiar to us, even alcohol, cigarettes or an unhealthy relationship, can be very painful.

Loss causes many changes in our lives and can alter how we perceive the roles we play. If my child is dead, am I still a mother? Am I half a person without my life's partner? If I have lost my job, am I still a valuable member of society? Our self-esteem may plummet and we may question our identity.

If we are mourning the death of someone we love, the circumstances surrounding the death have an important effect on our grief experience. If the death was due to an illness, we may have watched the one we love suffer many debilitating changes. Terminal illness typically steals bodily functions as well as the ability to move, and eventually communicate. It is not uncommon to find it difficult at first recalling what our loved one looked like when they were healthy.

If the death was sudden, unexpected, traumatic or violent, we are wrenched into a new reality. How can we ever feel normal again? How can anything, including the holidays, ever feel special once more? If we believe we were somehow responsible for the death, every morning is a painful reminder. While we may not be truly suicidal, we may wish for an end to our pain, because we cannot imagine ever feeling different than we feel right now.

As we struggle to find meaning connected to our loss, we may find our faith battered. Why is it that something so unfair has happened to us? How could our God

let something this painful occur? If we feel this way during a holiday that is set up around our faith, bitterness and anger may build.

Holidays are often a time of great beauty. Everything glitters with the richness of light and love. When we are in the depths of anguish and despair, we may find it hard to experience beauty. It seems that everyone around us can enjoy the festivities and this magnifies how alone we feel.

Our experience with grief is unique to us. No one else can feel exactly what we feel. Also, as individuals, every loss we have will be a different experience from all our other losses. Another person cannot completely understand how we feel.

When we lose a loved one or abilities, dreams or possessions, we must eventually learn how to move on. Somehow, we must get through our everyday routines despite the absence of this person or this thing. Similarly, the holidays make us revisit the mourning process. We must adjust, once again, to this "hole in our lives" at what previously may have been a very special time.

Food, the centerpiece of many holiday gatherings, is a nurturing, life-sustaining celebration of our relationships. But in the wake of a great loss, even if we can taste the food we eat, we may have neither the appetite nor the energy to come to the table.

Just as we cannot anticipate the extent of a loss, we cannot be completely prepared for how fragile we may feel during the holidays. However, just knowing it may happen and not being surprised by it can help.

We must be gentle with ourselves and with each other. We may have lost a piece of ourselves, but chances are that, in that death or change, we have been given something as well. If we can find out what that is, we can honor it. It is our own priceless holiday gift to ourselves.

Part II - WHAT CAN I DO TO GET THROUGH THE HOLIDAYS?

We have suffered a major loss of a loved one or something special in our lives. How do we get through the holidays, when we are still grieving? First, do nothing. Simply feel what you feel. It is a simple notion, but not necessarily an easy one. It may be the very last thing we want to do. If we are surrounded by people who want to distract us, because our pain makes them uncomfortable, it can also be a very lonely time. They may want us to return to being our happy selves again as soon as possible, but we cannot be exactly the same persons we were before this happened. And so we need to feel. Actually feeling and even exploring that feeling are the best ways to reach the part when we are not overwhelmed by our emotions.

Second, express what you feel. This is called mourning and it is

absolutely critical. If we bottle up and try to ignore our feelings, they will come out in other, perhaps unhealthy or even dangerous, ways. Our pain is real and deserves a voice. There are many ways to express grief: talking, crying, writing, praying, singing, or expressing appreciation for what we have. Expressing grief can be done privately - in a journal or in a silent prayer. It can occur in a more public fashion - support group meetings, remembrance services, or visiting memorials. Some of our world's most memorable music and works of art were created during a time of incredible loss in an artist's life. We give ourselves a gift when we create space in our lives to allow our feelings to surface, whatever those feelings may be. If we stay busy or numb our feelings with drugs and alcohol, it only delays the inevitable.

It is also very important to take care of our physical selves during this time. Our immune system can be affected by grief and we are more vulnerable to illness and accidents. As much as we are able, we need to eat balanced meals and drink plenty of fluids, especially water. We need rest and may find ourselves sleeping more than usual. We should try to stay away from alcohol and other substances that numb our pain.

Sometimes grief counseling is suggested for someone who seems to be having a difficult time coping with a significant loss. Keep in mind that grief is not a problem to be fixed, nor is it a disease to be cured. Grief is not the same as depression and cannot be permanently alleviated with medication. We may or may not need a grief counselor. What we can mostly likely benefit from are having companions during our grief. Those individuals can listen with their whole being. Lt. Col. Dave Grossman, U.S. Army (Ret.), puts this concept into an easy-to-remember formula: "Pain Shared = Pain Divided." When we share our pain, it is divided by the number of people who are listening. If we have one person to share with, our pain is halved. If we have two, it is quartered, and so on. This is a powerful concept. We can find out what that is, we can honor it. It is our own priceless holiday gift to ourselves.

group, or a trusted individual who will be a companion and give us their quiet presence during this difficult time.

If we are mourning the death of someone we love during the holidays, there are many special ways we can acknowledge our loss. Here are a few:

- Change some holiday traditions: keep some of the old ones and create new ones.
- Develop a special ritual that remembers the loss/person who is gone.
- Light a candle daily and spend a few minutes in quiet reflection.
- Hang an ornament that represents what was lost.
- Set your missing loved one a place at the table.
- Say a special prayer in memory of the relationship you are missing.
- Give a gift your loved one would have liked to someone in a nursing home.
- Create something that has special meaning to you.

Perhaps the most valuable holiday gift we can give ourselves is that of preparation. Whom do we not want to spend time with during the holidays? What do we want to be sure to do or not do during this time? Perhaps we can overlook some of our traditions this year, if they feel too painful or simply too tiring. We can always resume next year.

The best gift we can give others during this time is to take good care of ourselves.

Part III - HOW CAN I HELP SOMEONE WHO IS GRIEVING DURING THE HOLIDAY SEASON?

It can be difficult to see someone we care about in pain, because they are mourning a loss. It can be uncomfortable and make us want to do something to ease that person's suffering. It is important to be aware of the difference between the experience of someone else's pain and how they really feel. It is one thing to want to help, but it is quite another to initiate action because we want to relieve our own discomfort. It may not be helpful, or even desired, by the grieving individual. Grieving individuals want and need space, both literal and figurative, in which to grieve and mourn their loss. Create for them a "healing environment" in which they will not be the inevitable distraction of noise, activity and daily life.

Maintain a calm and peaceful presence. Be available as an understanding, non-judgmental and listening companion should they choose to talk. Or simply sit with them in silence. If we fill the space with words, we may exhaust them further.

Part IV - DOES GRIEF GIVE GIFTS DURING THE HOLIDAY SEASON?

Sometimes I wonder if all the technological advances our society has made have not actually arrested us emotionally and spiritually. How many of us, in the wake of a great loss, keep up the frantic pace of our lives, distracting ourselves with activity and sound? Do we fill every waking moment with something in order to avoid feeling?

What did our ancestors do after dark before the discovery of electricity? I imagine a small band of people of all ages sitting around a fire. In times of great loss and sadness, they performed rituals, make music and sit together in wordless silence, staring into the fire, perhaps wondering about their own ancestors.

The coming of the night provided a natural and regular time and space to celebrate their relationships and connectedness to each other and the world in which they lived.

Grief is often a time of great darkness. The holiday season is typically a time when we slow down and live with more reflective awareness, appreciating the people around us. Is it possible that this could be a gift?

We do not enjoy feeling pain, especially the deep throbbing ache of the absence of someone we love. However, grief is something we cannot outrun. Regardless of the distractions we arrange, be they activity, passive entertainment or substance abuse,

when we look over our shoulders, grief is still there.

What, if like our ancestors, we recognized our cycles of living in darkness? Perhaps we cannot see a future of hope and brightness. What if we sat very still and listened? What if we trusted that something greater is at work and we do not need to control everything? Can we imagine simply feeling?

Sometimes our families and friends who cannot understand our grief are, out of ignorance, not supportive of the journey on which we find ourselves. This can make holiday time especially difficult. There are, however, others who can give us what we need. They are strangers only because we have not met them yet. Their own journeys may be more similar to ours than the people with whom we regularly share our lives. Their friendship and support can be gifts to us.

Support comes from within as well. Healing is built into the body goes into shock. It becomes very still, so that all the energy necessary for healing can be marshaled and directed toward the injury. It is the same with emotional and spiritual trauma. When we allow ourselves to be very still and feel what is happening inside us, we create the conditions where natural healing can occur.

About a year ago, I cared for two white rats for my friend Laura. They both contracted cancer, a couple months apart from each other. When it was time to euthanize first Stuart, then Snowball, I was amazed at the depth of my pain at having to let them go. Why did the deaths of these little rodents hit me harder than my grandmother's death when I was 13 years old? I realize now that one of the gifts my grandmother's death gave to me was a softer heart. And it gets softer and bigger with every loss. The death of other family members, pets, job changes, a divorce, my home... I am learning just how much love a broken heart can hold.

The holidays are a special time. The experience of grief in the wake of a loss is special, too, in its own painful way. Let us, trust that when they coincide, there are gifts for us in the darkness. Let us believe that compassion and love are strengthened, not destroyed, by life's losses.

Theresa Lynn, RN, MSW is the grief support/community outreach manager for Hospice of Michigan Grand Rapids. Hospice of Michigan provides comprehensive comfort care to people living with a terminal illness and support to their families. The organization serves more than 900 people every day in 45 counties in Michigan. For information about Hospice of Michigan services, call 1-888-247-5181 or visit the Web site, www.hom.org.

Novi councilman tenders resignation

■ DeRoche leaving mid-December to prepare for Lansing duties

By Victoria Sadlocha
STAFF WRITER

Novi City Councilman Craig DeRoche announced on Monday he will be resigning from council in the middle of next month.

The recently-elected State Rep. representing the 38th District will take a seat at the council's bench for the last time Dec. 16.

"I have mixed feelings," DeRoche said. "There is still work to be done, and I wish I could be part of it as a member of the Novi City Council."

The councilman said although

he does have mixed feelings for leaving, he is looking forward to the work he'll be doing at the state.

"When I was elected (to council), there were very large issues facing the city, and I'm happy to be a part of what I feel were the solutions," he said. "The state is now facing very large challenges at this time and hopefully my experience with the council will help me with the State of Michigan."

What the councilman said he won't miss is city meetings lasting until 2 a.m.

"I wish the council best of luck getting their meetings done on a timely basis, but past history shows that is very unlikely," he said.

DeRoche was first elected to the Novi City Council in 1997 and re-elected in 1999.

The soon-to-be former councilman will be taking the place of current State Rep. Nancy Cassis (R-Nowi), herself a former Novi City Council member, who was recently elected to the state's senate.

Victoria Sadlocha is a staff writer for the Novi News. She can be reached at (248) 349-1700, ext. 105 or at vsadlocha@ht.honcom.net.

The councilman said although



C. DeRoche

Local veterans group gets new management

By Phil Foley
STAFF WRITER

There are several new faces at the Michigan Chapter of the Paralyzed Veterans of America (MPVA) headquarters in Novi.

Maurice Jordan, who served on MPVA's Board of Directors in 2001, recently the helm at MPVA as its new executive director. Jordan takes over from John Eberhart, who retired in January after leading the 700-member organization for 23 years.

Unlike other veterans' groups, MPVA membership is open to any veteran with a spinal cord injury or disease, regardless of how it occurred.

Jordan served in the U.S. Army in Germany from 1984-91, specializing in supply operations. After leaving the Army, he worked in materials management first at the University of Michigan Medical Center and



M. Jordan

later at Ford Motor Company. His spine was injured in a 1997 automobile accident.

In addition to being MPVA's executive director, Jordan is on the board of the Ann Arbor Center for Independent Living.

Laura Richards, who joined MPVA as director of Public Relations and Development this fall, said the national organization was formed

in 1947 to help injured World War II veterans adjust to civilian life. She said the Michigan chapter was formed in 1961 and was headquartered in Garden City before moving to Novi in 1994.

Richards said the organization has a nationwide membership of about 20,000 people. She said the group's primary focus is on education and research on spinal cord injury and disease, but it also serves as an advocacy group on civil rights and independent living issues and provides sports and

recreational opportunities for its members.

After a two-year absence, Alan Pomranka returns to MPVA as its director of Sports and Recreation. He held that position from 1998-2000.

Jordan, Pomranka and Richards join Michael Harris at the MPVA's Novi Office at 40550 Grand River Ave.

Harris was promoted to deputy executive director. Richard said he will continue his duties in Government Relations and

Advocacy, but will have increased managerial responsibility.

Along with its Novi headquarters, MPVA maintains a service center in downtown Detroit. Lisa Langrehr was hired recently as a Service Officer for that office.

For more information on MPVA and its activities call (248) 476-9000.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.honcom.net.

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Bowling center snowflakes benefit battered women

By Phil Foley
STAFF WRITER

Tari Rutkowski is hoping for a virtual blizzard on the concourse at Novi Bowl, Rutkowski, one of the managers at the bowling center, has set up three artificial Christmas trees and is taking donations to decorate the trees with snowflakes.

Money from snowflake donations will be given to Farmington/Novi Area Zonta to help fund a holiday wish list for First Step, a shelter for battered and abused women in Western Wayne County.

Rutkowski, who was once an abused wife herself, said it's a project that's "close to my heart."

She said First Step has a huge wish list for everything from kitchen supplies to underwear to gas vouchers and toys for kids.

Novi Bowl, located at 21700 Novi Road, will be accepting donations through Dec. 15.

Rutkowski said the first learned about Zonta and its support of First Step when the group held Strike Out Against Violence at the bowling center in October.

Zonta is a professional women's organization focused on improving women's lives. Formed in 1994, the local chapter has 20 members who meet at 6 p.m. the fourth Tuesday of the month for dinner at the Embassy Suites in Livonia.

Tari Pak, a Zonta member,

said her chapter was organized specifically to help support First Step. First Step has offices in Plymouth and Taylor. Its shelter facility is capable of housing up to 40 people for 30 days at a time.

Pak said the club holds several fund raising events for the shelter throughout the year including an annual fashion show at the Parisian at Laurel Park Mall in Livonia.

For Zonta membership information call Carla Boyes at (734) 727-1061.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.hometown.net.



Photo by Phil Foley

Tari Rutkowski puts the first snowflake on one of three Christmas trees at Novi Bowl. Each snowflake represents a donation to First Step, a shelter for battered and abused women in Wayne County. The shelter's 24-hour help lines are 734.455.5800 and 888.453.5900

Novi Realtor gives back to his roots

By Phil Foley
STAFF WRITER



Joe Williams

When Novi-based Realtor Joe Williams was growing up in Redford Township his family got a lot of help from Wayne's St. Mary's Catholic Church.

He never forgot that or his mother's admonishment to "give till it hurts a little and then that's enough."

"Every year I pick three places to donate to," said Williams. This year he donated 125 turkeys to John Holde Memorial Food Depot.

The food bank is an outreach program of St. Mary's, where Williams also coaches a fifth- and sixth-grade basketball team.

"We always struggle this time of year," said Sladki Jump, the food bank's director. "It was a real blessing when we got the call from Joe. We only had eight turkeys and 250 families to feed."

Williams said that when he learned that eight birds had been donated, three of them by the parish priest, he knew he had to do something.

The middle child of 13, Williams understands the importance of giving back. He grew up in a bustling household of seven boys and six girls who all pitched in to get by.

At age 12, Williams sold his first car. "It was matter of making ends meet," he recalled. Ten years later when he was in college, he began selling real estate.

"It seemed like kind of a progression," he said.

He said as he became more successful, the urge to give back to the organizations that once helped him during his childhood became stronger as well.

But he added, doing good "always comes back." He recalled stopping to help a stranded motorist a few years ago and by the end of the day spend-

ing \$400 to get the man on his way. The next week, he sold three houses. "Coincidence? I don't think so," he said.

Williams added that end of 1998 he donated \$1,500 of the \$1,800 he had to his name and by the end of 1999 he had sold 60 houses — his best year ever.

"I've been really blessed," said Williams. "I try not to forget where I came from."

ReMax 100 is located at Eight Mile and Haggerty roads.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.hometown.net.

"Even though I have achieved success in my professional life. I try not to forget where I came from."

Joe Williams
generous Realtor

Partners promise salon with a different style

By Phil Foley
STAFF WRITER

Novi's newest hair styling salon will kick off with a champagne reception from 6-9 p.m. Dec. 7. Jim Wame said he and partner Cameron Watson are trying to "create a different style." Wame said he wants to "get away from that pale Italian style to something more voluptuous."

Tres Jolie, promised Wame, "will have a lot of softness and color. We're going to get away from that gray Italian, surgical look." He added, "We're going to treat hair styling as spectator sport. We're going to lots of nice furniture and antiques, so you can

bring in your friends and have a chat and a sip of wine while you get your hair done."

With more than 20 years in the hair styling business, including 3 1/2 in London, where he studied with Vidal Sassoon, Watson will be the principal stylist. Wame's wife, Angela, will manage the salon.

Salon partners, however, won't be seeing Wame wild scissors. He is a project manager with an automotive company in Ann Arbor. Wame observed that his partner has "the style and I bring a certain levelness to this. Between the two of us, I think this is going to work out pretty well."

He said Tres Jolie will be a Aveda concept salon, carrying the

full line of Aveda hair styling products, which are made with natural materials.

Tres Jolie is located in the Grand Oaks Shopping Center on Grand River west of Haggerty Road, next to Picasso's Cafe. Wame said the 3,500-square-foot, full-service salon will have a staff of about 20.

Following the champagne reception Dec. 7, the salon will begin accepting appointments Dec. 10. For more information call (248) 888-0655.

Phil Foley is a staff writer for the Novi News. He can be reached at (248) 349-1700 ext. 108 or at pfoley@ht.hometown.net.

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Selected ladies' designer shoes and boots from Sesto Meucci, Via Spiga, Cole Haan, Coach, Bebe, Anne Klein New York, BCBG, Hype, Phyllis Poland, Martinez Valero and more. Reg. 110.00-145.00, doorbuster 55.00-72.50, after doorbuster price 65.00-87.00. IN WOMEN'S SHOES. SELECTION VARIES BY STORE.

DOORBUSTER 60% OFF

Large selection of boys' and girls' shoes and boots from Esprit, Suede Rite, Parisian Kids and more. Reg. 40.00-50.00, doorbuster 9.00-12.00, after doorbuster price 18.00-25.00. IN CHILDREN'S SHOES.

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DOORBUSTER 60% OFF

Large selection of ladies' boots from Nine West, Enzo, Rampage, relatively, Parisian Signature and Steve Madden. Reg. 59.00-130.00, doorbuster 23.60-62.00, after doorbuster price 29.50-65.00. IN WOMEN'S SHOES.

DOORBUSTER 50% OFF

Great selection of ladies' boots and shoes from Nine West, Enzo, Candie's, White Mountain, Naturalizer and more. Reg. 49.00-129.00, doorbuster 24.50-64.50, after doorbuster price 29.40-77.40. IN WOMEN'S SHOES.

DOORBUSTER 50% OFF

Selected Donald J. Pliner ladies' boots and shoes. Reg. 140.00-280.00, doorbuster 70.00-140.00, after doorbuster price 98.00-196.00. IN WOMEN'S SHOES. SELECTION VARIES BY STORE.

DOORBUSTER 50% OFF

Selected ladies' designer shoes and boots from Sesto Meucci, Via Spiga, Cole Haan, Coach, Bebe, Anne Klein New York, BCBG, Hype, Phyllis Poland, Martinez Valero and more. Reg. 110.00-145.00, doorbuster 55.00-72.50, after doorbuster price 65.00-87.00. IN WOMEN'S SHOES. SELECTION VARIES BY STORE.

DOORBUSTER 50% OFF

Selected boys' and girls' outerwear from Hyde, London Fog, Parisian Baby, Goodlad, Weatherproof and Wicky Jay. Reg. 24.00-125.00, doorbuster 12.00-62.50, after doorbuster price 14.40-75.00. IN CHILDREN'S.

DOORBUSTER 50% OFF

Selected boys' and girls' outerwear from Hyde, London Fog, Parisian Baby, Goodlad, Weatherproof and Wicky Jay. Reg. 24.00-125.00, doorbuster 12.00-62.50, after doorbuster price 14.40-75.00. IN CHILDREN'S.

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Selected boys' and girls' outerwear from Hyde, London Fog, Parisian Baby, Goodlad, Weatherproof and Wicky Jay. Reg. 24.00-125.00, doorbuster 12.00-62.50, after doorbuster price 14.40-75.00. IN CHILDREN'S.

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Novelty tops for girls from Great Escape. Reg. 24.00-32.00, doorbuster 11.99, after doorbuster price 14.99. IN CHILDREN'S.

DOORBUSTER 50% OFF

Selected boys' and girls' outerwear from Hyde, London Fog, Parisian Baby, Goodlad, Weatherproof and Wicky Jay. Reg. 24.00-125.00, doorbuster 12.00-62.50, after doorbuster price 14.40-75.00. IN CHILDREN'S.

DOORBUSTER 50% OFF

Play sets from Parisian Baby and Parisian Kids. Reg. 24.00-40.00, doorbuster 12.00-20.00, after doorbuster price 14.40-24.00. IN CHILDREN'S.

DOORBUSTER 50% OFF

Selected OshKosh items. Reg. 14.50-39.50, doorbuster 7.25-19.75, after doorbuster price 8.70-23.70. IN CHILDREN'S.

DOORBUSTER 9.99

Parisian Baby jogging sets. Reg. 22.00, doorbuster 9.99, after doorbuster price 12.99. IN CHILDREN'S.

DOORBUSTER 7.99

Block Olympic 7" crystal hurricane. Reg. 20.00, doorbuster 7.99, after doorbuster price 9.99. IN GIFTS.

DOORBUSTER 15.99

Your choice of Gotham Lady Anne crystal hurricane or footed cake plate. Reg. 35.00, doorbuster 15.99, after doorbuster price 19.99. IN GIFTS.

DOORBUSTER 50% OFF

Entire collection of Burnes frames. Reg. 7.00-57.00, doorbuster 3.50-28.50, after doorbuster price 4.20-34.20. IN GIFTS.

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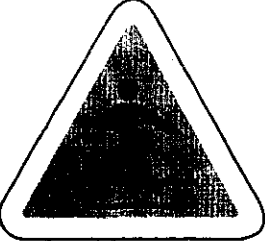
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Calendar of Events

Fine Arts Series of First Presbyterian Church of Northville Concert "MUSIC"

DATE: Sunday, December 1
TIME: 7 p.m.
LOCATION: First Presbyterian Church, 200 E. Main Street, Northville.
DETAILS: Tickets are on sale in the church office during regular business hours. \$12/adult (\$15/senior) and \$10/child (under 15). Call 248-349-0911 for further information.

Novi Theatres Auditions, Man of La Mancha

DATE: Tuesday, Dec. 3 and Thursday, Dec. 5
TIME: 7:30 p.m.
LOCATION: Novi Civic Center
DETAILS: Performances will be March 14, 15, 16, 21, 22, and 23. Audition packets are available at Novi Parks and Rec. Dept. (ages high school -99 years old). Call 248-347-0400.

Wixom Teen Advisory Committee

DATE: Monday, December 2
TIME: 4 p.m.-5 p.m. (pizza included)
LOCATION: Wixom Community Center, 49015 Pontiac Trail, Wixom (same building as library)
DETAILS: City of Wixom would like to invite you to become part of the community by planning activities and community service projects for your peers. Sign up today. 248-624-2850. For teen ages 13-18.

Holiday Festival Mixer-Lakes Area Chamber of Commerce

DATE: Tuesday, December 3
TIME: 5:30 p.m.-7:30 p.m.
LOCATION: Affinity Lounge & Grill, 1403 S. Commerce Rd., Westville Lake
DETAILS: \$5 cost. Bring your staff and join us as we begin to celebrate the holiday season.

Family Math Night sponsored by P.L.A.N.S. (Pursuing Learning Advancement for Novi Students)

DATE: Tuesday, December 3
TIME: 7 p.m.-8:30 p.m.
LOCATION: Novi Meadows School, 5th grade cafeteria.
DETAILS: There will be games to try, and raffle prizes and refreshments will be provided.

Tables, Tea and Treats: A Christmas Celebration

DATE: Tuesday, Dec. 3
TIME: 7 p.m.
LOCATION: Meadowbrook Congregational Church, 21355 Meadowbrook Rd., Novi
DETAILS: Tickets \$12 ea., available at the church and Chancel Witch, 134 E. Main Street, Northville, musical entertainment, carols by the Chancel Choir, desserts, tea and coffee service.

Novi's "Ring in the Holidays"

DATE: Thursday, December 5
TIME: 6:30 p.m.-9:00 p.m.
LOCATION: Main Street Area
DETAILS: Free community event, some costs associated with various activities. Electric Light Parade, Novi High School Marching Band, Welcome Santa as he lights up the Holiday Tree, strolling carolers, horse-drawn carriage rides, refreshments, Jingle Bell Boutique and the Kiki's Kris Kringle Workshop where little ones get help from the Elves to make their very own holiday gift. Celebrate the spirit of the Season!

Novi Theatres Production "The Nutcracker"

DATE: Friday, December 6, Saturday, December 7 and Sunday, December 8
TIME: Friday and Saturday: 7:30 p.m., Sunday: 3 p.m.
LOCATION: Novi Middle School, 11 Mile Rd., Novi
DETAILS: All seats reserved. \$10/adult, \$12/child. Call Novi Parks and Recreation for more information, 248-347-0400.

Novi Chorale Christmas program, Business Connection-Lakes Area

DATE: Monday, December 9
TIME: 7 p.m.-9 p.m.
LOCATION: City complex, 1499 E. West Maple Rd.
DETAILS: Festivities will include caroling with group "Harmony", children will have a chance to visit Santa, Walnut Lake Western High School Band and dancing from Dance Dynamics. There will also be a speech from Mayor Roberts and the tree lighting ceremony will begin with a prayer from Deacon Smith from St. Williams Church.

"Christmas Is Coming"

DATE: Friday, Dec. 6, Saturday, Dec. 7 and Sunday, Dec. 8
TIME: Friday and Saturday: 7:30 p.m., Sunday: 4 p.m.
LOCATION: Friday: Farmington First United Methodist Church, 33112 Grand River, Farmington. Saturday: Novi United Methodist Church, 41671 W. Ten Mile Rd., Novi. Sunday: Church of the Holy Family, 24505 Meadowbrook Rd., Novi.
DETAILS: \$4/adult, \$2/seniors and 12 and under. Tickets can be purchased at the door or from any Novi Chorale. Group rates available.
PHONE: For more information, call Choir President, Larry Molloy, 248-474-8277.

Treats and Treasure Sale

DATE: Saturday, December 7
TIME: 9:30 a.m.-2 p.m.
LOCATION: Meadowbrook Congregational Church, 21355 Meadowbrook Rd., Novi
DETAILS: Including baked goods, gifts and Christmas items.

Walton Lake Western High School's Holiday Arts and Crafts Show

DATE: Saturday, Dec. 7, and Sunday, Dec. 8
TIME: Saturday: 10 a.m.-4 p.m., Sunday: 11 a.m.-4 p.m.
LOCATION: Walton Lake Western High School, 600 Beck Rd., between Pontiac Trail and Maple Rd.
DETAILS: Admission \$2. Seniors and students \$1. Arts, crafts, food, drinks, free door prizes.

City of Walnut Lake Tree Lighting Ceremony

DATE: Monday, December 9
TIME: 7 p.m.-9 p.m.
LOCATION: City complex, 1499 E. West Maple Rd.
DETAILS: Festivities will include caroling with group "Harmony", children will have a chance to visit Santa, Walnut Lake Western High School Band and dancing from Dance Dynamics. There will also be a speech from Mayor Roberts and the tree lighting ceremony will begin with a prayer from Deacon Smith from St. Williams Church.

Chamber of Commerce

DATE: Tuesday, December 10
TIME: 5:30 p.m.-7:30 p.m.
LOCATION: Computer Builders Warehouse, 487 Elizabeth Lake Rd., Waterford.
DETAILS: Come see the store, enjoy some refreshments, and check out the special holiday sales.

Free Teeth Cleanings

DATE: Wednesday, December 11
TIME: For appointment.
LOCATION: Dr. Brigitte Murphy, D.D.S., 42010 Grand River Ave., Novi.
DETAILS: Celebration of Five-Year Anniversary in the Community. We will be taking donations of food from patients in lieu of payment, for distribution to a Community Food Bank. Please call for an appointment prior to Dec. 11, 248-380-9359.

Senior Book Club

DATE: December 12
TIME: 12:30 p.m.-1:30 p.m.
LOCATION: Novi Public Library
DETAILS: Keep your mind active book discussion.
PHONE: 248-347-0421.

Plymouth Community Chorus 29th Annual Christmas Concert "Sing Glorious"

DATE: Friday, December 13, Saturday, December 14, and Sunday, December 15
TIME: Friday/Saturday: 8 p.m., Sunday: 4 p.m.
LOCATION: Northville High School, 457 Six Mile, Northville.
DETAILS: Tickets are \$12 and available at Sideways, 505 Forest Ave., Plymouth, Evola Music Center, 1770 Haggerty Rd., Canton, Edwards' Caterer, 116 Dunlop, Northville, or by calling 734-455-4080.

Oakland County Health Division breastfeeding support sessions

DATE: ongoing series
LOCATION: Oakland County Health Division, 1910 East West Maple, Walnut Lake.
DETAILS: Information covered includes pumping, solving common problems associated with breastfeeding, taking care of mom, growth and development of the breastfeeding infant including: growth spurts, starting solids, and weaning.
PHONE: 248-858-4003 or toll free, 1-888-350-0900, ext. 84003.

Novi Library Bookmobile

DATE: Dec. 17

Novi Toastmasters

DATE: First and third Tuesdays of the month
LOCATION: Novi Civic Center, 45175 W. Ten Mile, Novi
TIME: 7:30 p.m.
DETAILS: Toastmasters will help you improve your communication skills, voice your opinion, polish your presentations and practice leadership.
PHONE: For more information, call Colleen at (248) 685-9226.

"Novi Headlins" Quilting Group

DATE: Second and fourth Wednesdays of the month
LOCATION: Novi Senior Center, 25075 Meadowbrook, Novi
TIME: 10 a.m.-12 p.m.
DETAILS: Fabric donations welcome.
PHONE: 248-347-0414

Oakland County Health Division

DATE: ongoing series
LOCATION: Oakland County Health Division, 1010 East West Maple, Walnut Lake
TIME: 7 p.m.-9 p.m.
DETAILS: Classes will be taught by Public Health Nurses. Topics will include childbirth preparation, labor and delivery, care of the newborn baby, breastfeeding, bottle-feeding, information about keeping children safe, and caring for them when they are ill. Cost is \$25.00.
PHONE: (248) 858-4003, or (888) 350-0900 ext. 84003

Novi Library Bookmobile

DATE: Dec. 17

Novi Library Bookmobile

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Novi Library Bookmobile

DATE: Dec. 17

Create for a cause

A local Novi jeweler is holding a creative contest with all the proceeds going to the Novi Goodfellows

By Victoria Sadlocha
STAFF WRITER

A philanthropic Novi jeweler is looking for one creative resident to design a prize-winning piece of jewelry for an auction benefiting the Novi Goodfellows.

Brian Larson, co-owner of Larson Design and Jewelry, is seeking submissions to the store's annual holiday contest and auction.

All residents are invited to design a piece of jewelry and submit the drawing at the store.

Larson will judge all submissions and choose one winner before selecting himself in his shop, turning what started as just an idea, into a piece of wearable jewelry.

Once the creation goes on display, the bidding begins.

The lucky person with the highest bid will walk away with the special piece of jewelry and the gratification of knowing a good cause benefited from the process.

"The check goes right to the Goodfellows," Larson said.

So far, Larson has visited Novi Middle School and Novi High School letting students know about the contest, but would like to see involvement from everyone in the community.

The only rule to the contest is the design may not be a trademark nor may it be a religious design.

"The more basic the better," Larson said. "But, however creative people want to get is just fine."

The jeweler does ask contest applicants keep in mind the finished product will be about the size of a quarter.

Larson will pick the winner and said he pretty much bases his decision on what he feels will reproduce into an actual piece of jewelry the best.

In prior years, the winning designs have turned into pendants.

All entries are due by the Sunday after Thanksgiving.

The winning design will then be displayed beginning the following week through the Monday before Christmas (Dec. 23) at which time the auction will end.

Library Lines

Novi Public Library

Hours

The Novi Public Library is open Monday-Thursday, 10 a.m. to 9 p.m.; Friday-Saturday, 10 a.m. to 5 p.m.; and Sunday, 1-5 p.m. We are located at 45245 W. 10 Mile Road, just east of Taft. For more information, call (248) 349-0720.

Thanksgiving holiday hours

The library will be closed Thursday, November 28, for the Thanksgiving holiday. The library will be open for regular hours throughout the remainder of the holiday weekend.

Adult book discussion group

Our December selection is "The Age of Innocence" by Edith Wharton. The group meets Monday, December 2, at 7 p.m. in the library meeting room. All are welcome.

Story Time notes

Our regularly scheduled Story Times will be held on Tuesday, December 3, due to a staff in-service day.

Tiny Tot time

Children ages 12-18 months are invited to join us for a half hour of stories, songs, and games on Saturday, December 7, at 11 a.m. Registration is not required, but space is limited, so toddlers and caregivers only, please.

Board meeting

The Novi Library Board of Directors meets Monday, December 9, at 7 p.m. in the library meeting room. Community members are welcome to attend.

Senior book discussion group

Senior booklovers are reading "House of Sand and Fog" by Andre Dubus for their December meeting. The group meets in the library meeting room on Thursday, Dec. 12, at noon.

Novi Town Center

Novi Town Center is a shopping and dining destination. It features a variety of stores, restaurants, and entertainment options. For more information, visit www.novitowncenter.com.

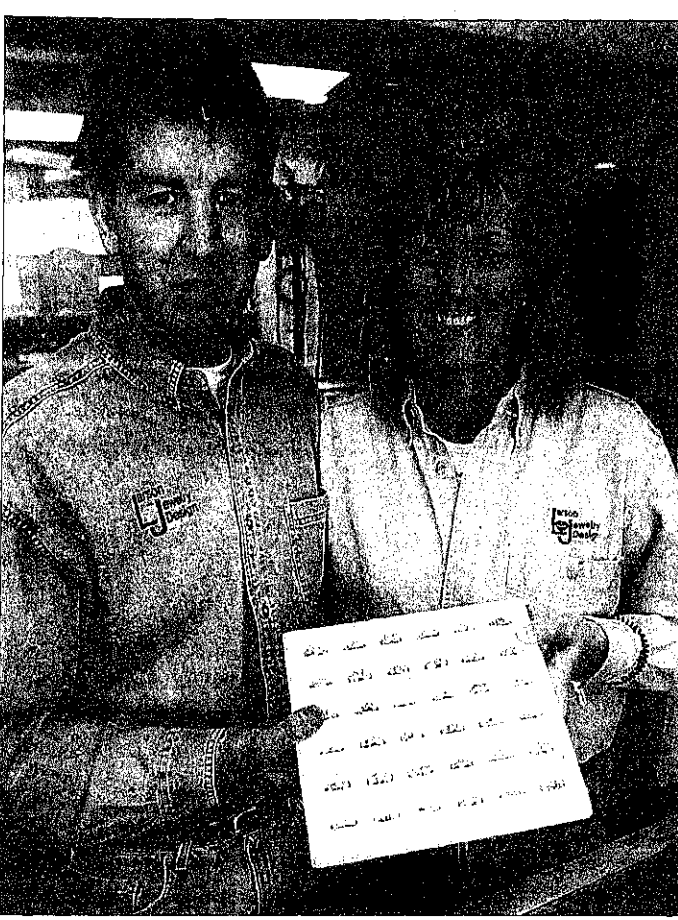
Hard slams are part of the job

Street skating tests your body's physical limits. That's why we protect our bodies, both outside and inside. Food can be powerful medicine. The more vegetarian meals you eat, the longer your body will stick around and the better you'll perform. So why play games with your health? Live longer! Live better! Make it vegetarian!

Jamie Thomas and Ed Templeton, Champion Street Skaters

Tonight, make it vegetarian

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Brian and Nancy Larson, the Larson Jewelers team, display a tray of their custom diamond ring mounts.

will be completed and on display in his Main Street shop during the city's "Ring in the Holidays" event.

"I'm basically 'beating' my time," said "hustler" to the Goodfellows," Larson said. "We usually donate to the Goodfellows and this just seemed like a better way to get the community involved."

Larson said as an aside, the contest brings more Novi residents into the downtown area, another benefit to the city.

Larson's Jewelry Design is located at 43155 Main Street, east of Novi Road and west of Market.

For more information, call (248) 347-4653.

Victoria Sadlocha is a staff writer for the Novi News. He can be reached at (248) 349-1700, ext. 105 or at vsadlocha@ht.homecomm.net.

All four said they are worried that changing the master plan designation of their properties

would harm their ability to get fair market value for their properties in the future.

Tom Ryan, a Sylvan Lake attorney representing the school, called amending the city's land-use plan and rezoning the property a "win-win situation for the city." He said putting a school on the wild between inland Lake and the light industrial property along Grand River to the north would create a buffer zone.

Commission member Lowell Sprague said he was concerned about changing the city's master plan in such a way as to create a situation similar to one on Novi Road several years ago, which left an island of homes, unwanted, unused and deteriorating in a sea of commercial property.

Rodney Arroyo, the city's traffic consultant, suggested the master plan for the property be amended to Public Use with a provision rezoning the zoning to its original classification, if the school wasn't built.

Ryan contended the city's own master plan committee has said office zoning isn't viable for Catholic Central's property. "I think we'd like to stick with residential use; it doesn't harm anyone," he said.

City Planner Tim Schmitt said that given the wetlands and woodlands on the site, it could probably hold 79 homes with single-family residential zoning.

Before voting to put off further consideration of Catholic Central's request until its Dec. 4 meeting, an attempt to amend the city's master plan, failed on a 5-3 vote, with commissioners Gwen Markus, Antonia Nagy and John Ardoulos voting in favor of the measure.

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Planning commission delays decision on map amendment request

By Phil Foley
STAFF WRITER

Detroit Catholic Central Catholic High School's plans to move from Redford to Novi have hit a two-week bump in the road.

Novi Planning Commission members voted 8-0, with David Royce absent, to table the school's request to amend the city's master plan for its 60-acre site on Wixom Road from mixed office and light industrial to single-family residential.

The 74-year-old private boys school needs to have the city's master plan amended and then the land rezoned for residential use in order to move forward with its plans to build a facility to house 1,100 students.

Those plans have four small homeowners tucked between Catholic Central's property and the massive Island Lake development to the south as nervous as a mouse at a cat convention.

Chris Walsh, who moved into his home nine years ago, said he is worried about how the proposed school will affect his property value. Walsh, along with neighbors Alan Bond, Don Dominic and Richard Herbel, said that given that the four properties face the new Target store on Wixom Road, wrapping a school around them would mean their only value would be as commercial sites.

Dominic, who spent 24 years on the Novi Fire Department, said that while he is in favor of development, "I never thought this would happen to me."

Bond, a Redford Township police lieutenant, said that while Catholic Central's reputation is second to none, he's worried that the noise generated by a school would negatively impact the value of his largest single asset.

All four said they are worried that changing the master plan designation of their properties

would harm their ability to get fair market value for their properties in the future.

Tom Ryan, a Sylvan Lake attorney representing the school, called amending the city's land-use plan and rezoning the property a "win-win situation for the city." He said putting a school on the wild between inland Lake and the light industrial property along Grand River to the north would create a buffer zone.

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OPINION

PAGE 16A

Thursday, November 28, 2002

Novi News

Part of HomeTown Communications Network™

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CHAIRMAN OF THE BOARD

Our fundamental purposes are to enhance the lives of our readers, nurture the home towns we serve and contribute to the business success of our customers.

Waiting for new board right move

The Novi Chamber of Commerce membership did the right thing last Tuesday by holding off on a vote that could affect the way the organization's bylaws are changed.

With nearly 600 members, the chamber is not small by any means. And each of those members deserves to be heard regarding the bylaws change.

The turnout at the Nov. 19 was light — less than 10 percent of the membership made it to the Wyndham Garden Hotel. By a 30-22 vote, the chamber will now wait until the new board of directors is in place in January to pursue the matter further.

This is obviously an issue of great concern among chamber members, and more information is needed. Examples of how and when the board might want to make bylaw changes — hurt the chamber in the long run?

Have there been instances when the current provision — which requires notifying all members 10 days prior to a vote on proposed bylaw changes — hurt the chamber in the long run?

Would a two-thirds vote of the board of directors be agreeable to the membership? It has been stated that the current bylaws are inflexible and that the board needs to be able to change the bylaws rapidly.

idly if needed. Give instances of when that might be necessary so members can fully understand the need.

Yes, other chambers — Troy, Farmington Hills and Southfield — have allowed their boards to modify bylaws for quite some time. That doesn't mean it's right — or wrong — for Novi's chamber. There are many other chambers who still do it our way.

And, yes, there are corporations whose boards can make these types of decisions without seeking stockholders' input.

We have no doubt that the bylaws revision committee is trying to make the chamber more effective and efficient, as committee member Jonathan Brateman explained.

However, a decision like this needs to be determined by the entire membership, and what needs to be explained to them fully is the implications.

If there is doubt among the membership — and there currently is — then the chamber owes it to everyone concerned to not make a quick decision that might be regretted in the future.



Talkin' turkey

Pilgrims and Indians helped together to serve a Thanksgiving luncheon at the Novi Senior Center last Friday afternoon. From left are Virginia Whling and Laurie Thompson.

LETTERS

Scout fill food banks

Scouting For Food was held on November 9th. All five cub scout packs worked together to fill both local food banks. The boys went out on November 2nd and left empty bags on doorsteps here in Novi. And then, over the next few days, the bags with food donations that past Saturday. As a group, we collected 6,394 cans/boxes of food. What a fantastic job! Thanks to all Novi residents who donated to such a great cause!

The packs involved are: Pack 50-Deerfield Elementary, Pack 54-Novi Woods Elementary, Pack 239-Village Oaks Elementary, Pack 240-Orchard Hills Elementary, and Pack 375-Parkview Elementary.

And a huge thank you to Wayne Jacobs for coordinating this event! Normally, the boys would have gone to a location outside of our city. Now, the food stays in our community and will help those in need around Novi and surrounding cities.

Also, a big thank to Bruce McCauley and Boy Scout Troop 407 for providing the boys and their parents with donuts, coffee, cocoa and hot dogs! The boy scouts also volunteered their time counting and moving the food. We couldn't have done it without you!

Jamie Jacobs, Committee Chair
Cub Scout Pack 375

Thanks, voters

This letter is to thank the voters that turned out this past Election Day to decide who will be leading our great state during a time of extraordinary challenges and turmoil.

The number of you who did turn out that chose to elect me as your State Representative humbles me.

Serving on the Novi City Council for the past five years has been a trial by fire. I hope that this experience will equip me for the challenges that lie ahead and prepare me to best serve all the communities I will represent.

I wish to thank my wife, my family, friends and all the volunteers that worked countless hours including the cold, rainy election night to get my message to the voters.

With change comes opportunity. I hope to see the great transportation projects scheduled in the district through to completion. I also plan to work tirelessly to bring more resources back from Lansing.

It is with mixed feelings that I will resign from Novi City Council. I look forward to advancing the city's cause in the legislature, but will miss being so involved in local government.

Though serving in Lansing, I plan to stay as close to you as possible. Please never hes-

Lorenzo's take

In her October 17, 2002 "Other Opinions" piece, Novi News reporter Victoria Sadlocha wrote that it is her job to work for the residents and let them know what is going on. If so, why hasn't she reported Novi City Manager Richard Helwig's statement during his City Manager's report at the October 21, 2002 Novi City Council meeting, which Ms. Sadlocha attended. The following quote is the official record of Mr. Helwig's statement as reflected in the City Council meeting minutes of October 21, approved November 12:

"There was an article last week concerning the repaving of Galloway and Council Member Lorenzo was directly or indirectly taken to task for this paving. Mr. Helwig said he had stated publicly, a long time ago, that this met our PASER three, one of the poorest category criteria. In the article, the reporter mentioned that City Engineer Nancy McClain said 'Although the PASER system gave it a three she did not recommend doing this section,' by context referring to the portion near and in close proximity to Member Lorenzo's property, because in her professional opinion it did not seem poor enough. This is the section that was at the far western portion of this intersection-to-intersection portion of Galloway. It's as far away from Member Lorenzo's property as possible. It is close to Windermere Court and our policy is to do intersection to intersection. He wanted to make it clear because the article implied that the portion that Ms. McClain was saying didn't warrant was the section in close proximity to Member Lorenzo's property and nothing could be further from the truth. He said he knew Council had thanked jobs and it is made more thankless when innuendo or something like this is put out in full view of everyone. He said he had been steadfast in the facts since day one on this and it's been PASER three for over two thirds of that intersection to intersection and the portion that Nancy was referring to was the far western by Windermere Court."

Do the facts provided in City Manager Helwig's statement above appear to be inconsistent with the statements attributed to engineer McClain in reporter Sadlocha's story? Can and will reporter Sadlocha corroborate and validate the statements she attributed to engineer McClain? Isn't it standard newspaper practice to acknowledge and correct possible inaccuracies or misinterpretations in reporting? Will reporter Sadlocha recognize these apparent inconsistencies and now let the residents know what really is going on? In that regard, the sole resident quoted in reporter Sadlocha's story (and who appears to be the source of the unfounded allegations against me) was Linda Hullman. Ms. Hullman lives in a house adjacent to mine; our history has been marked by neighbor disputes. Enough said.

Laura J. Lorenzo
Novi City Council Member

Geoff Alia-Ahrens
Novi

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Bondy won't let new judgeship change him

By David Aguliar
STAFF WRITER

Millard's most famous funeral director, well-known author Tom Lynch, told Robert Bondy not long ago to drink of the time, money and sacrifice he had spent during the past year for his judicial campaign as merely tuition.

"That's the best way it was put to me. He said you are paying your tuition and learning a little bit more about life in the process," said Bondy, the Millard-based attorney who 10 days ago won election to the 52-1 district court bench by a 446-vote margin.

Now the man who found his true political voice following the Aug. 6 primary election, a campaign message steeped in experience and hallmarked by promises kept, must now use that same voice to fulfill the first of those election promises.

"He'll be getting a golden retriever," he said. "I told our (town) boys before the election that if he won, he would get them a dog," his wife, Denise, said not long after news of her husband's election night victory had been made official. "But the truth is, he has already poured the concrete slab (for the doghouse). He was going to get them a golden retriever, win or lose."

"Now it's time to pay up." "It's time to get a dog. That's the first campaign promise I am going to keep," Bondy said last week, a day removed from a narrow election night victory which was finally decided when Nov's absentee ballots were called. News of his victory came via cellular phone, just prior to midnight.

"You have enough votes, Rob? You've won? You've won?" "We won!" Bondy exclaimed triumphantly, arms thrust high into the air as his father and Jimmy's crowd erupted around him. "We won! We won!"

The day which had begun at about 5 a.m. that morning had suddenly ended in victory. For a moment, memories of a year's campaigning were washed away. The chill from having spent the final campaign day at lonely area precincts suddenly seemed comfortably distant.

Bondy himself had spent the entire day standing in a glow outside the Novi Civic Center, flanked by his 52-1 opponent and at least four other candidate poll workers. Each was trying to make one last impression just prior to voters stepping into the polling booth.

Dressed in blue jeans, a down vest and a fleece pullover, the Millard-based attorney greeted each approaching voter.

"Hi, my name is Robert Bondy. I'm running for district court judge here in Novi. Thank you for coming out to vote..." Bondy's day-long mantra began, coupled many times by a friendly handshake, a two-sided pamphlet and a "Bondy mint."

"Hi, my name is Robert Bondy. I'm running for district court judge here in Novi..." "Hello, my name is Robert Bondy. I'm running for district court judge..." "Hi, my name is Robert Bondy. I'm running..." "Hi, my name is... Robert Bondy..."

And just before midnight tonight, I will be elected district court judge.

Hard Work, and More Hard Work

"It feels good to work hard... we worked very hard during the campaign. And that hard work showed that we could win the election by running it the right way," Bondy said two days following the election.

"It was nice to win, especially for all the people who worked countless hours. I cannot thank those people enough because they gave me their time and effort for little else than the fact that they believed I was the better candidate."

"Some of them gave me 20 hours a week... 20 hours. That's a lot of their own personal time."

And on the final day, a day which began in the frosty dusk of an early November morning, that time was spent standing in the cold. And later, in the rain.

How do you know your friends are? Bondy said. When they are willing to stand in the cold and the rain for you. When they are willing to stand there — wet, tired and hungry — and rather than go home, choose to stay and pass out your literature well past the time when their fingers have gone numb and their stomachs have gone shallow from hunger.

"I am humbled by the friends who worked and stood behind me, especially the people who stood up to be counted, even though they didn't have to and even though that by doing so they were getting nothing from it other than the satisfaction of supporting someone they believed in," Bondy said.

"They gave of their time and resources... and when I saw that, it made me work harder. I worked hard during my campaign because so many people had worked so hard for me."

Being a candidate required considerable sacrifice, he said, not the least of which were subtle detachments from his normal life, family, friends and community interests.

Most difficult was the time he lost away from his family, Bondy said, his wife and twin boys.

"That was the toughest part."

"It was harder in the fall than it was in the spring and summer during the primary," Bondy said. "Now I need to get back to spending time with them, my boys especially. I have missed some of their practices, and some of their games. I have missed some of those times that you never get back. I miss that. They need me."

The experience has not been all bad, Bondy said.

"It has also been a good experience for them in some ways. I think they have learned about government. They have learned about elections and voting. And they have learned about civic responsibility."

"But I am happy to finally have my life back."

Bondy said he learned firsthand how heavy a political campaign can be.

"You know something's heavy. But not until you pick it up, do you really feel the weight," he said. "I was very surprised at how much time it took... A campaign just takes on a life of its own."

"You get caught up in a course of events and it takes everything you have. In some ways, that's a good thing because you are able to step away from your normal routine and get a sense of perspective. But it requires a great deal of sacrifice, much of which you don't even see once you first get involved."

The night following the election he said he slept restfully for the first time in at least a year. He also had a chance to have dinner with Denise at Lei Ting's in downtown Millard.

"For the first time in as long as I can remember, I didn't have to think about the election. I didn't wake up in the middle of the night thinking,

"What did I forget to do?"

Pull Up a Bench

Now, however, a year of sacrifice must be parlayed to the bench, where come January Bondy will be sworn in officially as the newest 52-1 judge. He will serve an initial four-year term and will replace Judge Michael Bueck, who will be transferring to 52-2 District Court in Clarkston.

There is no election honeymoon, Bondy said. The official transition began almost immediately.

Within 48 hours of his election win, the 52-1 court administrator called Bondy's office to inquire about any vacation time Judge-elect Bondy will be requiring in 2003.

And now that he is technically a state and county employee, he was told, he would also need to undergo a physical examination. Of course, he will need to close down his Millard business office and turn out the lights of his private legal practice. And some day soon he will need to be fitted for his official black robe, something which Bondy said "is no big deal."

Bondy said the 52-1 challenge continued on back

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REGIONAL MARKETPLACE

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Thursday, November 28, 2002

Escape from the stresses of life, head to Scappare

Nestled off of Pontiac Trail just south of downtown South Lyon, Scappare (pronounced scapp-ay, meaning: escape to) appears to be an ordinary salon at first glance. Upon entering the large building, however, you'll soon realize it is anything but.

This 6,000-square-foot salon combines a feel of Beverly Hills with the look of Old-World Europe. Scappare has only been open since December.

"We base our business on customer service," said owners Lindsay and Chris Cortis. "We want people to experience Scappare and leave happily planning what they will treat themselves to during their next visit to our salon. We aim to please."

Scappare is a full-service Aveda "A" family salon, which means it carries a full line of Aveda products. Scappare also carries Alterra and TIGI hair care products as well as a line of Repechage skin care products.

As you enter Scappare salon coordinator, Michael, will greet you. He will assist with your check-in and escort you to the coffee and Danish buffet. This is where Scappare tempts your taste buds with muffins, pastries and other delights. Next, you will be seated in a spacious waiting area, and if the timing is right, you may hear sounds of our 19th century piano being beautifully played by Michael.

Continuing on with the tour, Scappare has assembled a team of world-class stylists who will keep you looking beautiful through the seasons. They offer all hair treatments for women, men and children, including color, highlights, perms and precision cuts. In order to offer their clientele the most current, as well as the classic in hair design, the stylists continuously expand their techniques by attending training offered by platform artists from around the world.

Scappare went even further by recruiting Repechage Skin Care District Trainer, Delanie, as their salon esthetician. Delanie keeps



The staff of Scappare of South Lyon are waiting to help you ease the worries of daily life.

your skin in perfect condition with your choice of an exclusive four-layer facial, seasonal facial or mini facial. Your face will never look or feel better. Delanie can also assist with any of your waxing or makeup needs.

There's more. Scappare has the best nail technicians available, whether you're thinking about a simple manicure or a full set of acrylic nails, plus

the best pedicure your feet have ever dreamed of. Kelly and Susan K. have a delightful strawberry-and-sugar scrub to soothe and massage away the aches. Scappare also provides a full-body therapeutic massage. Whether it be a 15-minute chair massage or a one-to-two-hour full-body massage, Susan W. will leave you feeling like you have been swept away to paradise.

Scappare would suggest the best way to experience the salon is with one of its many packages. The Madagascar is a three-hour experience with haircut, seasonal facial, manicure and lunch. Or try the Rain Forest, a four-to-five hour luxury experience with a one-hour massage, seasonal facial, haircut, pedicure and lunch. Day packages include a private sitting area to relax and reflect on life in tranquility. You will find yourself surrounded by exotic artwork by local artist Tim Sabados, all of which are on consignment and available to the public for purchase.

These are just a few of the wonderful packages to choose from, whether it's a special treat for yourself or a very special gift for a person in your life who deserves it.

Scappare serves clients of any



The atmosphere at Scappare is relaxing, complete with the beautiful sounds of a baby grand piano.

age from children to adults, and is truly focused on making each and every visit a relaxing, rejuvenating, positive experience. Haircuts range from \$25 to \$50, depending on the service.

Basic manicures, \$25; eyebrow waxing, \$15; massages, \$65 per hour. Scappare is located at 21190 Pontiac Trail, just north of Eight Mile Road between Eight and

Nine Mile roads. Business hours are 9 a.m. to 9 p.m. Tuesdays and Thursdays, 9 a.m. to 7 p.m. Wednesdays and Fridays, and 7 a.m. to 4 p.m. Saturdays; closed Sundays and Mondays.

Faris on business

Putting Unfair Competition Out of Business

By Jack Faris

Americans love competition. We thrive on it. It spurs our elections, generates pride in virtually every national sport and is recognized as the bedrock of our free enterprise system.

No one loves competition more than small-business owners do. That's why there are more than 22 million of them operating today. Their confidence and their ability to find the right business niche drives our economy to greater heights each year. They love going head-to-head with competitors and testing their mettle.

But some competitors of small business don't share those ideals of fair play. For example, federal pri-

ors. They had a sweet deal with the Department of Defense. Their labor was provided by convicts, their overhead was paid by tax dollars and, most importantly, they didn't have to worry about competition.

That is, until the small-business group NFIB challenged their unfair practices and won the right for small firms to compete for contracts that had been automatically handed over to the prisoners.

Government is not the only place where unfair competition exists. Last year, NFIB raised the specter of anti-competitive practices going on among Rural Electric Cooperatives (RECs). Yes, those good old co-ops created in 1914 to help bring electricity to

rural areas.

Determined to shed light on the chicanery among RECs, NFIB alerted the IRS that some were using their tax-free status to compete against small businesses by selling appliances, satellite TV receivers, propane gas, heat pumps, water heaters, natural gas, Internet services, credit cards, personal computers, digital cameras, electric and gas grills, fireplaces and landscaping services. In one southern state, a co-op even had the arrogance to offer customers an electric water heater for 99 cents a month, with service and installation, and a replacement when needed. No small business could compete against that.

In a study for the Tax

Foundation, economist William Orzechowski reported that REC business operations created serious problems for the propane industry. He described how the co-ops use the substantial assets they have acquired, such as a huge customer base, for low-cost marketing.

They engage in "crafty cross-subsidization," taking advantage of federal and state income tax exemptions, loan guarantees and interest rate subsidies. Orzechowski found that the co-ops used preferential access to federal power, and monopoly franchises "to enter the propane market and drive out private companies."

Clearly, the competition from co-ops and other tax-exempt organizations is a threat to tax paying, free-market entrepreneurs. NFIB, along with eight other


organizations, took their case directly to the Commissioner of the IRS, Charles Rossotti, appealing for him to reverse previous IRS rulings that allowed electric co-ops to sell propane under their tax-exempt status. He agreed and on Aug. 30, the agency made propane sales by co-ops subject to taxation.

That and a companion ruling against a telephone co-op are the first steps toward forcing non-profit organizations to compete fairly or stay out of such businesses. This is not the end of the story; it's another chapter in the continuing effort to keep unfair competition out of business.

Jack Faris is president of NFIB (the National Federation of Independent Business), the nation's largest small-business

advocacy group. A non-profit, non-partisan organization founded in 1943, NFIB represents the consensus views of its 600,000 members in Washington, D.C., and all 50 state capitals. More information is available on-line at www.nfib.com.

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Bondy won't let new judgeship change him

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will be significant, but it is hardly daunting. He said the fact that much of his nearly 18-year legal career was shaped within that very court will ease his professional transition immensely.

"I am very comfortable in that court. The learning curve will hopefully be smooth because I have worked in that court for almost 18 years," he said.

"But you're the new kid on the block down there, so you have to go down there and learn. I have to go down there and seek the advice of the two presiding judges (Judge Pro Tem Brian MacKenzie and Highland-based Judge Dennis Powers) and discuss the issues of the court with them. They are both fine jurists, so hitting the ground running should not be a problem."

Bondy said he would like to continue 52-1's legacy of inclusion. In time, he will lend his own personal approach to the court, he said, utilizing the business and organizational skills he has refined during a successful professional career.

Bondy said he supports the court's current adjunct programs, such as Sobriety Court and Teen Court, programs for which he has both participated in and served an



Robert Bondy

advisory capacity.

He would also like to begin additional youth-oriented programs and possibly reinvestigate a dormant Day of Court, a program which holds court within a local community.

"I always enjoyed participating in that program as an attorney," Bondy said. "It will all depend on whether or not the court has the resources. If so, I am willing to do the work myself."

That willingness to work was more than a campaign slogan, Bondy said.

"I am going to that court to

work," he said. "Voters are getting someone with experience in that court, and an individual who has been involved in the community. That's important because that is a community court. Your role is to be part of the communities you serve... you should be active and accessible to the community."

Furthermore, he is excited to be armed with public confidence, despite his narrow victory margin.

"It's an exciting thing to have the public trust," Bondy said. "Now it's my job to go down there and give 110 percent."

Will that require a change of address, he was asked, a residence closer perhaps to his new Novi-based 52-1 courtroom?

No, said Bondy. Milford will remain home base.

"I'm not going anywhere," Bondy said. "People will still see me around town. I'll still be stopping to get my coffee at the Milford Coffee Works every morning. I will still be in Rotary and I will still be involved in the community."

"I'm not leaving the community in any way whatsoever."

David Aguilar is a reporter for the Milford Times. He can be reached at (248) 685-1507, ext. 18 or by e-mail at daguilar@ht.homecomm.net.

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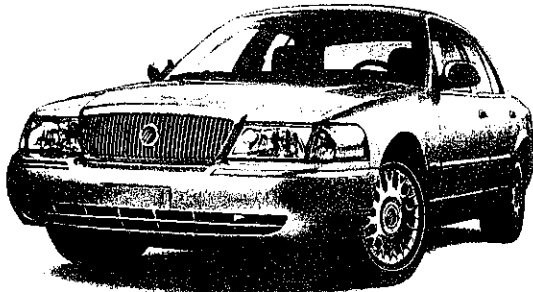
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Canton proves to be too strong

But against Salem, 'Cats put points on the board all night Longo as Jessica Haggerty wishes a happy birthday in style

By Sam Eggleston
SPORTS WRITER

Though the Novi Wildcats basketball team couldn't bring home the district title, they sure made a good run at it.

Falling to an incredibly tough Canton defense, the Wildcats put up as much of fight as they could manage with a 60-29 loss against the Chiefs. Though that was a tough loss for the 'Cats to take, their top-notch performance the game prior was what let them take a shot at the title anyway.

The Wildcats were able to shut down a very strong Salem squad in overtime November 20 as they looked to the leadership of Laura Longo and Jessica Haggerty to help them in their victory.

"I thought both Laura and Jessica had great nights," Novi coach Dennis Cichonski said. "They really came through for us when they had to. Laura managed to stay out of four trouble in the last half of the game. Jessica really came through shooting her free throws in overtime."

Haggerty wished her mom, Judy, a happy birthday in style that night, sinking 7-of-10 in the overtime period to give the Wildcats a 41-32 victory.

"I can't take any of the credit for myself," Haggerty said. "We wouldn't have won tonight if it hadn't been a team effort. I thought as a team we played really well and came back with strong defense in overtime."

The Wildcats had quite the advantage heading into the half, leading the Rocks 20-7 heading into the locker rooms. Salem wouldn't be denied though and managed to tie the game up at 29-29 to force the overtime.

"They came out a lot stronger than we were expecting in the second half," Longo said. "We relaxed when we shouldn't have and it took us the entire second half to get our defense going again."

Longo, who was key all through the night, found herself with four fouls in the game.

"I learned my lesson this year," she said of not fouling out. "I played smart and made sure not to foul. It's no fun when you're watching the game from the bench because of fouls."

Haggerty led her squad in scoring, gathering 17 points on the night as she started at point guard and pretty much played through the entire game.

"My confidence in my shooting is up," she said. "It was something we worked on all summer with all of the coaches. I'm really happy that we were able to pick up our game when we had to."

Longo was key inside, drawing much of the defense to her in the

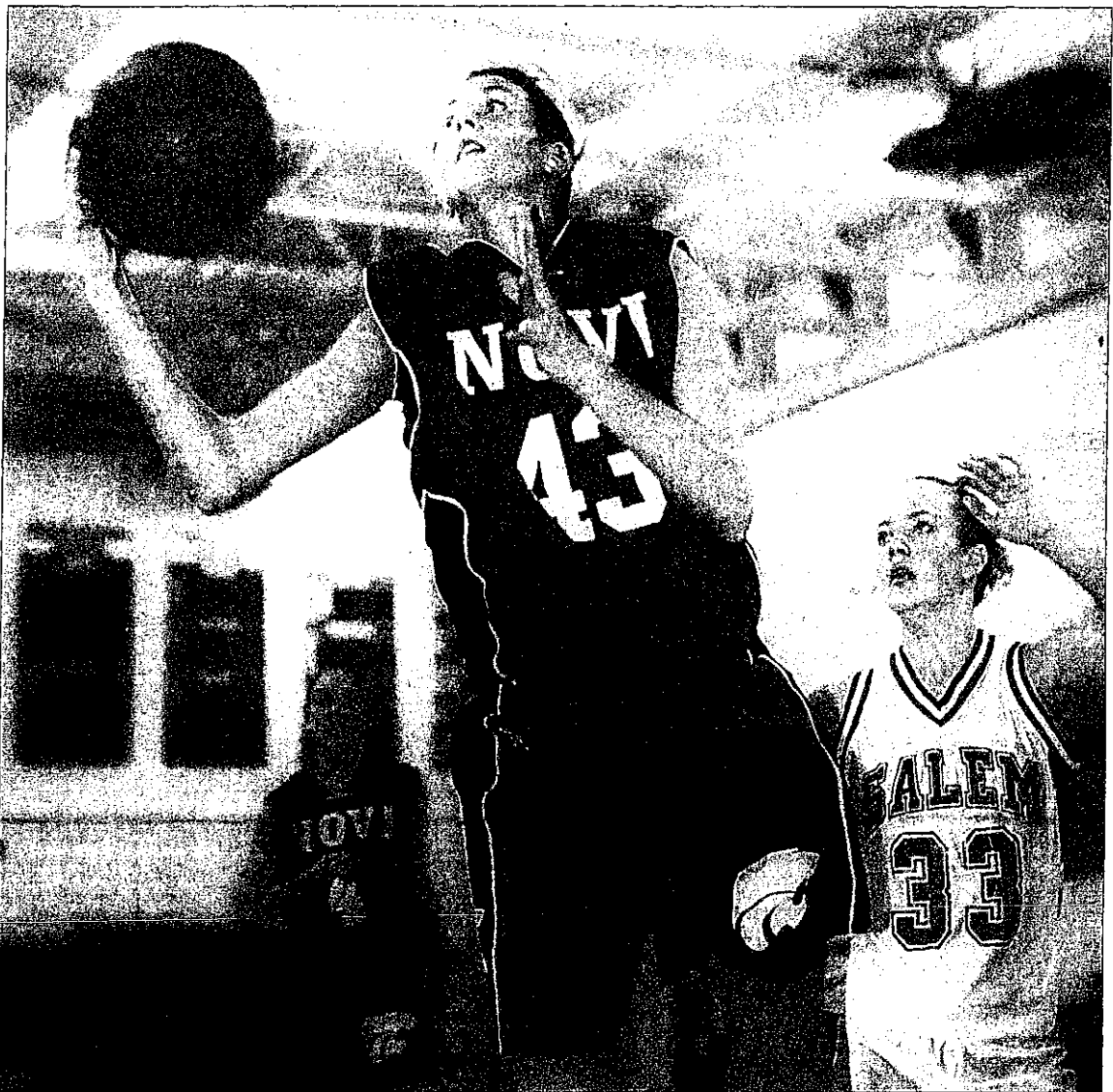


Photo by John Heider

Novi's Laura Longo tries to gather in a rebound during Novi's district playoff game last Wednesday night at Plymouth Salem High School.

second half and the overtime after scoring eight points quickly in the first half.

"We all had a good night," she said. "We only were able to do this because of the team effort."

Against Canton, the team effort was a bit stifled though. Canton's defense smothered the Wildcats, limiting them to 5-of-20 floor shooting in the first half (25 percent) and

4-of-33 in the second (12 percent).

Canton was hot from the floor though, hitting 14-of-27 from the floor in the first half (51.9 percent).

"Canton is a very talented team," Cichonski said. "They have everything it takes to be a championship caliber program. Their defense was very tough to beat, and we weren't able to put together the game that we were hoping to."

Canton went into the game looking to shut down three specific players — Alison Greulich, Angie Schmitt and Longo. Of the three, only Greulich supplied any offense as she put in 16 points. Other than her performance, no Novi eager notched more than three in the game.

"I thought we played solid today," Canton coach Bob Blohm said.

"Our defense was solid, our rebounding was solid."

Canton never trailed in the contest as they went on to beat the 'Cats for the District title.

"We were hoping to stay close," said Cichonski. "We felt if we could keep it less than a double-digit deficit, we could be within range."

"We had a few good-looking shots. Some didn't fall, and we got

called on some violations. We couldn't get anything going."

Sam Eggleston is the sports writer for the Northville Record and the Novi News. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

Smith makes her presence felt at finals meet

By Sam Eggleston
SPORTSWRITER

Now that's simply impressive.

The Novi Wildcats only had one swimmer make the cuts for the final day of the finals meet, but they still managed five points in two events with Amanda Smith swimming them for the 'Cats.

They weren't the only ones with just a couple of swimmers though. The Northville Mustangs had only four swimmers hitting the pool in the state finals held at Eastern Michigan University November 22-23, but that wasn't going to stop them from having the times of their careers.

Seniors Jenny Carr, Erin Schubert and Shannon Hogan along with freshman Sarah Carr swam their way to a ninth-place finish in the states with both of their relay competitions placing as well as Hogan taking two impressive finishes in the 50 and 100 free.

"I am ecstatic," Hogan said of her first-place 50 finish in a time of 23.48. "It was just so exciting. I honestly think that was the best day of my life."

It was just amazing and it was a wonderful thing. It might have been the best meet I have ever had."

Hogan wasn't finished with that for her individual performances as she managed to take fourth in the 100 free with her time of 51.62.

"Shannon swam amazing, like she always does," Schubert said. "I thought all of us did well. It was a great meet."

The Mustangs, all four of them, took fourth in the 200 freestyle with a great time of 1:38.85 before packing together for an impressive run of 1:50.88 for their ninth-place 200 medley relay finish.

"We had our best times ever," Jenny Carr said. "It was a big surprise for us."

In the 200 freestyle relay, we wanted to swim our best and we did."

Not only did the Mustangs set their personal best times with the swims, but

all four of the events also set school records. And, for all of those sitting down out there, they did even more than that. The 200 free relay time was good enough for an automatic All-American mark while the 200 medley swim was an All-American consideration mark. Hogan also notched automatic All-American times with both of her individual swims as well as making the cut for the Senior Nationals.

The Senior Nationals are pretty much the highest level (of competition) before the Olympics," Hogan said. "I was just as excited about my time as I was about winning."

Though all three seniors had made the trip to compete in the state finals before, this was Sarah Carr's first,

hopefully of many, treks to the finals.

"It was pretty exciting, getting to go with three seniors," Carr said. "I thought it was a lot of fun."

And not only fun, but Sarah's first state meet and the final swim of her first varsity year coincided with older sister Jenny's last state meet and the final swim of her last year.

"I do think that it's cool," Jenny Carr said. "We'll have both of our names up on the board since we broke the record together."

For Schubert and Jenny Carr, this culminated approximately eight years of swimming together.

"We used to be neighbors," Schubert said. "We've pretty much been swimming together since we were nine. It was great to end it this way."

The Mustangs, who sported what was probably the largest team in school history this season, will be losing their top three swimmers to graduation and only Sarah Carr will have state experience come next season.

The Novi Wildcats were also represented at the meet, with stellar senior tanker Amanda Smith making waves in the state finals.

Her time in the 100 freestyle earned Smith a 15th-place finish as she competed the sprint in a time of 54.28 seconds.

Smith also managed to get a good mark in the 50 free as she collected a

14th-place finish with her time of 24.63 in the very highly competitive event. Though only sporting a single swimmer in the final day of the state finals meet, the Wildcats managed to walk away with a 35th place finish out of the best teams in the state as Smith collected five points for her team and her coaches.

TEAM SCORES: 1. Ann Arbor Pioneer 476; 2. Farmington Hills Mercy 201; 3. Zeeland 165.5; 4. Grand Haven 149; 5. Monroe 139; 6. Livonia Stevenson 127; 7. Holland West Ottawa 125; 8. Saginaw Heritage 87; 9. Northville 83; 10. Okemos 69; 11. Saline 61.5; 12. Rockford 61; 13. Portage Central 52; 14. Grosse Pointe South 45; 15. Troy 39; 16. Grosse Pointe North 34; 17. East Kentwood 31; 18. (tie) Rochester Adams, Holt 30; 20. Ann Arbor Huron 29; 21. Dearborn 27; 22. Kalamazoo Central 26; 23. Howell 25; 24. North Farmington 24; 25. Jenison 21; 26. Forest Hills Central 19; 27. Walled Lake Western 18; 28. Walled Lake Central 17; 29. Hudsonville 15; 30. (tie) Southgate Anderson, Midland Dow 13; 32. (tie) Rochester, Grand Ledge 12; 34. Lake Orion 6; 35. Novi 5; 36. Plymouth Salem 4; 37. (tie) Pinckney, Grand Blanc, Brighton 3; 40. Troy Athens 1.



Photo by ERIC CHERNENKOFF

Novi's Amanda Smith gets ready to sprint in the 100 meter freestyle event.

Something to be thankful for

Newest Bond flick a refreshing addition to dry movie selection

By Sam Eggleston
ENTERTAINMENT WRITER

The things that amazes me about the James Bond series is the way it has withstood the test of time. In a day and age where a computer only stands up on the market for about six months, Bond has been a staple in our movie watching since before I was born.

In fact, Bond was part of a booming movie franchise when John F. Kennedy was president, when George Lucas was still in high school and "Star Trek" was only a twinkle in the late, great Gene Roddenberry's eye.

The Bond series has weathered through five major starts, the filming of all the original Ian Fleming novels, Vietnam, the end of the Cold War and now September 11. Not only does it blow away all other movies in the case of longevity, it has also given us the most influential formula and aesthetic in cinema history. The Bond series simply wrote the book on the contemporary action blockbuster. Movies like *Die Hard*, *Mission Impossible*, and *XXX* look up to Bond and call him daddy. And even more amazing is the way that after 20 Bond movies and 40 years of on-screen action, it still comes off as smooth as butter.

Die Another Day is the first to kick off the fifth decade of Bond domination, and also the first movie in the series to cost over \$100 million to make. Oh yeah — and this Bond girl, which is normally a flake role, is an Oscar-winning actress in the form of Halle Berry.

When all is said and done, who cares about the plot? A familiar melee with Bond in continent-hopping conflict with a fantastically well-heeled villain out to conquer the world. Something about diamonds and a DNA-identity-changing device and a death-ray satellite are also mixed in there, but who cares? It's James Bond.

Like all Bond movies, this one has a flair for the action and the quick-witted humor that viewers have come to love about the British secret agent. This time, his adventures brings him in contact with (gasp!), an Oscar-winning Bond girl in Halle Berry.

I never had the beauty of growing up with Sean Connery as James Bond — only in reruns — so I have come to love Pierce Brosnan in the role. Yeah, some would say he's too stiff for the character, but he's British, right? The action is great, the chase scenes are marvelous and the locations are wonderful. And the gadgets? An invisible Aston Martin, a glass-shattering sonic ring, an arsenal of laser weapons — need I say more?

With John Cleese as the new "Q," Judi Dench better than ever as a dowager "M," several evocative London settings and a dandy duel in a Mayfair fencing club, *Bond 20* also marks the return of an element that's been sorely lacking from the series for years: its essential Britishness. That's what has made Bond in the past, and that's what will keep in rolling probably far longer than I am wandering about on this planet.

Though probably not the greatest Bond movie ever in the



Courtesy Photo

Pierce Brosnan is back again as James Bond in the 20th film of the longest-ever series. There is no drop-off in the quick wit Bond provides, nor his sexual innuendos.

way of writing and such, it's a wonderfully respectful movie that looks to its own past for guidance as it builds a future for generations to come.

If you've been a fan of Bond in the past, this movie is sure to please. And for those who have never watched Bond in action? Where you been? Hiding on the

moon?

Sam Eggleston is the entertainment writer for the *Northville Record* and the *Novi*

News. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net

Rebels without a Claus



Courtesy Photo

Ice Cube is back in another Friday movie — which is surprisingly energetic and still manages to make you laugh.

By Sam Eggleston
ENTERTAINMENT WRITER

Looking back, old-school style, some might remember Run DMC busting a rhyme with "Christmas in Hollis," (1987) that gave us Christmas in the hood — "It's Christmas time in Hollis, Queens; Mom's cooking chicken and collard greens."

Fifteen years later, writer/actor/rapper Ice Cube brings us yet another Christmas set in the hood. *Friday After Next* is the third film in Ice Cube's laid-back "Friday" series that reminds some viewers in many ways of the cherished National Lampoon series. This film will probably follow suit, and become a holiday favorite just as Chevy Chase and his family has become a staple of our holiday television watching.

This movie has a way of mixing moments of feel-good Christmas cheer with the fact that real life often doesn't bother to take the holidays off. It opens with a well-done animated title sequence that could remind some viewers of an old-fashioned Christmas cartoon — if that particular cartoon were rather dark and twisted.

Ice Cube is back as Craig Jones, a regular guy that is just trying to

get by. He lives with his cousin Day-Day (Mike Epps), who is back from the second film *Next Friday*, in the projects. Early morning on the Eve of Christmas, a burglar dressed as Santa Claus breaks into their apartment and steals the rent money, which is unfortunate for them. More unfortunately is that they are already behind paying the rent and a muscle-bound son of the landlord is recently fired from the prison system. If Jones and Day-Day don't come up with the dough by the end of the day, they will get kicked-out as well as just plain kicked.

Well, that forces them to land jobs, and a funny twist of events; they end up working as unarmed security guards for an outdoor strip mall. Their employment lands them guarding establishments such as a disgusting donut shop and the barbecue rib joint owned by Jones' father (played by John Witherspoon) and Day-Day's father (Don Curry).

Though lacking compared to 1995's original *Friday* movie, it earns a wealth of respect with the Christmas theme. Writer Ice Cube and director Marcus Raboy manage to get the right mix of Christmas joy and real life and the result is as tasty as eggnog (if you like eggnog).

Screen Beat

By Brian Ranner
THE MOVIE INSIDER

Coming to theaters this weekend is the animated holiday comedy "Adam Sandler's Eight Crazy Nights." Davey Stone, a 33-year old party animal, finds himself in trouble with the law. The judge gives Davey one last chance at redemption—spend the holiday performing community service as the assistant referee for the youth basketball league or go to jail. Davey thinks he's gotten off easy until he meets Whitey Duvall, the unusual, elf-like head referee. Adam Sandler voices the three lead characters in the film, Whitey, Davey, and Whitey's fraternal twin sister Eleanore. It is a Sony Pictures release and rated PG-13 for frequent crude and sexual humor, drinking and brief drug references.

Spooky futuristic thriller "Solaris," centers on psychologist Chris Kelvin (George Clooney) who is dispatched to investigate unexplained behavior of key scientists on a space station orbiting the planet Solaris. Once aboard, he too falls victim to the unique world's mysteries, as well as an erotic obsession with someone (Natascha McElhone) he thought he had left behind. "Solaris" is a 20th Century Fox release and rated PG-13 for sexuality/nudity, brief language and thematic elements.

Disney's latest animated adventure "Treasure Planet" reinvents the classic novel by Robert Louis Stevenson into outer space with some new sassy cartoon sidekicks. The legendary "loot of a thousand worlds" inspires an intergalactic treasure hunt when fifteen-year-old Jim Hawkins stumbles upon a map to the greatest pirate cove in the universe. "Treasure Planet" is a Walt Disney Pictures release and rated PG for action and peril.

Extreme sports take on a new meaning in "Extreme Ops," when a film crew travels to a mountain top in Europe to film three extreme sports enthusiasts as they outrun an avalanche for a digital video camera commercial. What they don't know, however, is that they're filming near the secret hideout of Slobodan Pavic, a Serbian war criminal. Accidentally catching him on film, they become locked in a life-or-death chase

through the mountains that includes skiing, snowboarding, sky diving, white water rafting, helicopters, motorcycles, and base jumping. "Extreme Ops" is a Paramount Pictures release and rated PG-13 for violence/peril, language and some nudity.

Engrossing, offbeat drama "Ararat" tackles issues of identity, history, and denial as a film-within-the-film portraying the WWI-era genocide of Armenians by Ottoman Turks, while in modern-day Toronto the ancestors still wrestle with the event's legacy. "Ararat" is a Miramax release and rated R for violence and nudity.

Next week

"Analyze That" (R) and "Equilibrium" (R).

Video and DVD

The energetic, computer-animated "Ice Age" (PG), comedy "Juwanna Mann" (PG-13), dysfunctional comedy "Lovely and Amazing" (R), sci-fi action-comedy sequel "Men in Black II" (PG-13) and prison and boxing drama "Undisputed" (R).

DVD

"Audrey Hepburn Collection" (3-DVD Set) (NR), "The Billy Wilder Collection" (3-DVD Set) (NR), "Boxer Shorts" (NR), "Contempt" (Criterion) (2-DVD Set) (NR), "Doomed Megalopolis: The Haunting of Tokyo" (NR), "Everything Relative" (Director's Cut) (NR), "Fast Food, Fast Women" (R), "Hello Kitty's Paradise: The Series" (NR), "Hiroshima: Why the Bomb Was Dropped" (NR), "A History of Britain: The Complete Collection" (5-DVD) (NR), "Ice Age" (Special Edition) (2-DVD Set) (PG), "Men in Black II" (Full Frame Special Edition) (Widescreen Special Edition) (2-DVD Set), "MTV Soga" (NR), "Paul McCartney: Back in the U.S." (NR).

For more information, please log on to *The Movie Insider* at www.themovieinsider.com. Please direct any questions, comments, and/or feedback to brian@the-movieinsider.com.

Get over here! Mortal Kombat is back!

By Sam Eggleston
ENTERTAINMENT WRITER

The blood and gore is back, though with a lot less complaining from the general public this time. *Mortal Kombat: Deadly Alliance* was recently released for the Playstation 2 and other game systems in hopes of rejuvenating a once prosperous market.

The newest addition to a series that seemed to drop off after *Mortal Kombat 3*, *Deadly Alliance* brings back some old faces and some new ones as well, all combined with a game play that is familiar and comfortable to learn.

Everybody's favorite character, Scorpion, is back for another chance to avenge the death of his

family, as well as Johnny Cage, Sonya Blade, Kano and Shang Tsung. New faces, as far as can be told, include Quan Chi, Nitaro (a vampire) and a ninja woman named Frost — trained in the cold arts by none other than Sub Zero. Though there are a host of other villains and heroes in this new addition.

The story follows the same tale as all the previous installments, with the forces of evil hoping to take over this plane of existence by beating our champions in *Mortal Kombat*. The first step in that undertaking is the murder of our greatest hero, Liu Kang. Well, that's when good-old Raiden steps down from his position as elder god to lead our forces in *Mortal*

Kombat in hopes of stopping the overtaking of this realm. That's where you come in. Taking control of your favorite character, you can start out by jumping right into the action via Arcade or Versus mode, or you can hone your skills in the practice rounds. A great addition to this edition of the *Kombat* games is the Konquest level. Here, you can learn the importance of using both martial arts styles that your fighter employs as well as the use of their deadly weapon. Unlike other games in this series, this *Konquest* that you undertake eventually even shows you how to use the special attacks like Scorpions spear or Sub Zero's freezing attack. The one thing they don't reveal is your fighter's fatality move, which they sug-

gest you experiment to find.

This game really doesn't bring anything new to the fighting-game genre, but *Mortal Kombat: Deadly Alliance* manages to bring back a little bit of faith in the game series.

Though not the greatest idea for little Johnny's stocking stuffer, *Mortal Kombat: Deadly Alliance* is a great gift for that fighting video game fan in your life as well as those who grew up with *Mortal Kombat* being their first major fighting game since *Street Fighter*.

Sam Eggleston is the entertainment writer for the *Northville Record* and the *Novi News*. He can be reached at (248) 349-1700, ext. 104 or at seggleston@ht.homecomm.net.

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No-fuss fitness

By Susan Aschoff
ST. PETERSBURG TIMES

She stands almost an inch taller and she can now touch the floor with her fingertips when she squats. After two months on an exercise program designed just for her, 76-year-old Juanita Reynolds is, literally, walking tall.

"I know it's helping. Whether it's doing anything for me physically, it's doing something for me mentally," says Reynolds of Brandon, Fla., one of the first clients in a new program at the Physical Therapy Center of the University of South Florida.

Open to all ages but targeted at older adults who are sedentary or intimidated to visit gyms and health clubs, the Exercise Screening and Prescription program tailors fitness to the individual.

Participants attend two sessions with a therapist. The first is a screening and physical examination to assess the client's condition and goals; at the second screening, a personalized exercise plan and instructions are presented.

All for a \$75 fee.

"The doctor will look at preventing disease. We will look at staying healthy," says center director Pat Arthur.

The risk of injuries doubles after age 40, statistics show. About 77 million baby boomers will retire in the next 12 years. Physical activity improves joint motion, flexibility, strength and endurance, balance and coordination. It builds strong bones and hearts.

The program at USF is particularly useful for people who, like Reynolds, don't want to fuss with health club fees or super-jock agendas.

Most of the "middle-age and older adult population (is) not comfortable going to a gym and they don't have a lot of home exercise equipment," Arthur says. Exercises prescribed by the center can be done at home with a chair, a stretchy cord or in any open space.

Reynolds signed up in June. Her goals are to alleviate arthritis pain and to prevent changes in her posture. A bonus would be lowering high blood pressure. At a minimum, her workouts will help her stay energetic and flexible, she says.

She's no slouch. She also goes to line dancing and tai chi classes every week, but "I dropped the yoga because it was too much for me."

The exercises are real-world fare. No barbells. No pretzel positions. Push-ups are done against a wall while standing. Weight lifting means pulling two ends of a stretchy cord tied to a doorknob.

Each client's prescription varies, depending on his or her condition and goals. But the target will always be movement and function, not bulk or speed, says Arthur. If a client is still exercising three months after the initial appointment, Arthur says he's accomplished his goal.

Arthur told Reynolds her workout would take about 10 minutes.

"It takes me 30 minutes," she says, laughing.

HEALTH BRIEFS

Low-fat diets and PSA levels

The first study to look closely at the issue casts doubt on the value of a low-fat diet in preventing prostate cancer, at least in the short run.

Researchers at Memorial Sloan-Kettering Cancer Center in New York found that after four years, there was no difference in prostate specific antigen, or PSA, levels among 689 men who ate a diet made up of 20 percent fat and five to eight servings of fruits and vegetables a day and 661 men who were just given written instructions on a healthy diet.

Previous studies had implicated fat in the development of prostate cancer.

Just two beers risky for drivers

Drinking only one or two beers can significantly impair driving skills, especially one's ability to make split-second decisions, a Texas A&M University study has found. The study compared the driving of 19 men and women while they were sober and also at a blood alcohol level of 0.04, half the legal limit in some states. A 120-pound woman can reach that level after only one beer; a 150-pound man after two.

At 0.04, the drivers' ability had declined significantly. So a person doesn't have to appear drunk to be a highway danger. "They can still mess up in a decision-making situation," says Maurice E. Dennis, a Texas A&M researcher.

—PITTSBURGH POST-GAZETTE



David Shea/The (Riverside, Calif.) Press-Enterprise

Dr. Thomas T. Haider is a surgeon who enjoys music during operations. Haider likes listening to soft rock as he works.

SOUND MEDICINE

By Mike Schwartz
THE (RIVERSIDE, CALIF.) PRESS
ENTERPRISE

From Mozart to Springsteen, many surgeons use music in the operating room to ease pressure and anxiety while they work

"S"calpel. "Sutures." "Gipsy Kings." "Sponge." "Gipsy Kings." "Gipsy what?" The traditional commands of the surgeon at work are likely to include requests for favorite tunes — from Bach and Beethoven to the Gipsy Kings' Latin rhythms.

Many physicians and their operating-room assistants count portable CD players among their indispensable surgical accessories — right up there with cardiac monitors, catheters and latex gloves.

Dr. Kris Storkersen, director of ophthalmology at Arrowhead Regional Medical Center in Colton, Calif., says music and medicine can be a potent combination.

"It has a powerful ability to change mood and alter personality," he says. "Music is not only relaxing to the surgeon, but brings an overall calm to the OR."

Storkersen has "burned" several CDs filled with his favorites that he jokingly calls "Music to Cut By."

Songs likely to waft through the Arrowhead surgical suite during delicate eye operations include Sting's "Desert Rose," R.E.M.'s "Man in the Moon" and Bruce Springsteen's "Secret Garden."

"If it's a difficult case I'll put something mellow on, like Enya, instrumentals or classical," Storkersen says. "If it's easier, I'll want something upbeat like the Gipsy Kings, Garth Brooks or Shania Twain."

Usually, eye operations last 10 minutes to an hour. So, one CD is enough to get Storkersen through a case. However, Dr. Waldo Concepcion, a liver surgeon at Loma Linda University Medical Center in Loma Linda, Calif., keeps at least 10 CDs on hand during operations, which can last six hours.

In the early stages of surgery, Concepcion enjoys classical music by composers such as Vivaldi, Handel and Mozart. But for his "closing music" he wants something livelier — say the Pointer Sisters or Fleetwood Mac. His taste also runs to Miles Davis and Wynton Marsalis.

"Beautiful music puts you in a zone," Concepcion says. "You can focus. It keeps you at peace and in sync with what you're doing without anxiety or pressure. Music gives a cadence to surgery."

Orthopedic surgeons Thomas T. Haider and David Siambanes of Riverside, Calif., are a smooth-functioning team. Yet a slight generation gap ensures they don't always appreciate each other's music.

Haider prefers soft rock.

Siambanes' selections range from mellow Coldplay and the Dave Matthews Band to what he calls angry-youth music such as Godsmack, Staind and Powerman 5000.

"If it's upbeat, it keeps you working at a steady pace. But his

(Haider's) soft music slows me down," Siambanes says jokingly.

Some surgeons find vocals too distracting and stick to instrumentals. But many, such as Siambanes, love vocals and sing along as they operate.

Dr. Catalino D. Dureza, a neurosurgeon at Desert Regional Medical Center in Palm Springs, Calif., occasionally leans back from his surgical

Music to cut by

Dr. Kris Storkersen's operating room CD pack:

- Enya, "Watermark"
- Shania Twain, "Come on Over"
- Garth Brooks, "The Hits"
- Eddie Money, "Unplug It In"
- Gipsy Kings, "Love & Liberté"
- Jackson Browne, "The Next Voice You Hear: The Best of Jackson Browne"
- John Mellencamp, "The Best That I Could Do"
- Bruce Springsteen, "Greatest Hits"
- Paul McCartney, "Wingspan"
- Tina Turner, "Simply the Best"
- Good Rockin' Tonight, "The Legacy of Sun Records"
- Yanni, "Yanni Live at the Acropolis"
- Soundtrack: "Honeymoon in Vegas"

microscope to belt out a tune by Roy Orbison or Elvis.

While portable CD players are ubiquitous, some hospitals pipe music into operating rooms over speakers. Anesthesia equipment also can be purchased with optional stereo system included.

Although most hospitals do not prohibit music during surgery, some are concerned that patients may feel it is unprofessional. Others contend there's insufficient evidence it's beneficial.

There is some research, however, suggesting that music may aid surgery. One study published in the September 1994 Journal of the American Medical Association had surgeons perform stressful tasks in a lab experiment. They performed better while listening to music of their choice than they did in silence.

Other researchers have found that music has a calming effect during times of stress for doctors and patients alike. And there is evidence that it also aids pain control.

Most of Storkersen's patients, who usually are sedated but awake during surgery, enjoy his selection of tunes. "It also aids them in relaxation," he says. "Of course, the narcotics help, too."

Many patients will sing along. "Usually, if we're having a good time, they'll chime in, too," Storkersen says.

Patients sometimes balk at what they hear. One of Siambanes' spine patients awoke after surgery to the strains of Godsmack. "It was so distasteful to her that on her first post-operative visit she brought me a Dixie Chicks CD," he says.

Altered state allows the mind's eye to see what needs to be done

By Molly Rupert
SCRIPPS HOWARD NEWS SERVICE

There was no dangling stopwatch. No altering, mind-control tape playing in the background. Just the smooth, lulling voice of the therapist.

"OK, you are standing at the top of a staircase. Notice what you are wearing. What is on your feet? What does the banister feel like? What is it made of?" said Patricia Bay, a licensed marriage and family therapist in Redding, Calif. "Now you're going to

walk down the staircase. Every step you take, you get more and more relaxed. You feel yourself being drawn deeper into the chair."

And just like that, the hypnotic state is reached.

Where you go from there is up to you.

For some, hypnosis leads to freedom from cigarettes, overeating, hypertension and pain. It's a tool used by therapists to overcome these problems and more.

"We disconnect the anchors

that are causing the problem," said Bay, who has helped people with a variety of ailments. "Often there are conditioning behaviors paired with some other activity — like you only smoke during your break at work, when you get stressed, when you're drinking. It's just one therapeutic technique."

One that's worked for many people, including Tim Riley, a Redding businessman.

"I was going through a divorce, some substance abuse issues," said Riley. "I guess my

first thought was I didn't want any of that woo-woo stuff. But for me it was a shortcut to releasing a lot of tension and seeing myself more closely. Doors opened up more quickly than in regular sessions."

Robert Grosch, a marriage and family therapist in Redding, has been using hypnosis in his practice for almost 18 years. However, he said he doesn't "hypnotize" patients but rather "assists people to go into a trance state where they are focused."

Grosch also warned prospective clients to be careful of people who "guarantee" the process and to always look for properly licensed personnel.

"You want to look for certain things," Grosch said. "One: They should be a marriage, family therapist, or a clinical social worker. Two: There is no license called hypnotherapist. Also, check how much training a person's had. Find out if they've had experience in working with people in various ways. Ask if they will work with your physician."

Plus

HOME & GARDEN



Scott and Keyke Campbell enjoy movies in their basement home theater. Scott used his skills as an illustrator in designing his basement.

LANDDOWNUNDER

Finishing touches elevate basements to star status

By Jay Dedrick
SCRIPPS HOWARD NEWS SERVICE

The unfinished basement stores the boxes you packed the move before last and haven't opened since. It provides an inconspicuous spot for the cat's litter box or Dad's workbench, a burial ground for yesterday's toys. Not all homeowners limit their lower-level environs to such ordinary status, though. Many take the downstairs to new heights by refinishing, creating lavish spaces that rival — if not top — the floors above.

The basements in two suburban Denver homes underwent dramatic custom finishing treatments last year. One, at Mark and Debbi Steffensen's Evergreen, Colo., home, echoes the natural terrain of the Rockies, while the other, at J. Scott and Keyke Campbell's place in Golden, Colo., rockets back to the future.

THE CAMPBELLS

Simply by descending the stairs at his Golden home, J. Scott Campbell enters a universe's fair, a tiki lounge, a starship pilot's cockpit, a globe-trotting adventurer's library. This basement serves as both work space and play space, but it's a blurry line.

Typically, his lines are razor-sharp, as seen in his artwork for such venerable comic books as Batman and Spider-Man. This drawing of the web-crawler appeared in *Time* magazine last spring and his own creation, *Danger Girl*.

The illustrator's taste for fantasy flows throughout his surroundings, lined with shelf after shelf of toys and action figures. Everything from Frankenstein's monster to Homer Simpson stand guard over Scott's drawing board.

"Being surrounded by this stuff keeps my imagination going," says Scott, 29. Among the fuel for fun: an Indiana Jones hat and whip, a life-size replica of "Star Wars" villain Boba Fett and two working pinball machines.

Scott's wife, Keyke, 26, may not share an equal passion for classic movie monsters and superheroes, but she enjoys the pinball machines as much as her spouse. And she had fun customizing bar stools by adding leopard-print fabric to the seats.

Eye-popping color throughout the 1,105-square-foot basement suits the pop-culture potpourri. Deep blue-purple covers most of the walls, with raspberry on some for contrast; tan within the coffered ceiling panels mirrors the tan carpet. Thick, wine-colored velvet drapes block sunlight from the east-facing windows of the walk-out basement; the dark conversion is critical for enjoying movies on the home theater's 106-inch screen. Cherry cabinets and black granite bar tops add to the richness.

The east-facing wall, the walk-out side of the basement, already featured a sliding glass door, but its location was too close to the home theater's screen. The door was replaced with a window and a door was added within the adjoining game room, which gained a bay window.

"When the windows were put in, it went from being a cave to a space with all this light," Scott says.

The studio is fully equipped. A custom-made maple art desk is stationed in one corner; a bank of office machines nestles in a custom cabinet.

Campbell wanted a hardwood floor — uncommon in basements because of moisture's damaging effects. But a subfloor and a special sealant made it possible.

For the bar, the Campbells found a stylish trio of gold cigar lights, which complement the funky collection of tiki cocktail pieces behind the bar.

The Campbells originally budgeted about \$80,000 for the basement project. By the time they had everything they wanted, it totaled about \$100,000.

Key in elevating the budget: the elaborate home theater, with its three deep chairs — including cup holders — and a purple sofa on a riser trimmed with running lights.

"I'm not into cars or boats," Scott says. "I'm into home theater."

Both are award-winning products of the homeowners' wishes and the work of Finished Basement Co., a Denver business that finished 110 basements last year.

"The biggest thing we've seen since starting up is that people are putting a lot more value on their basements — period," says Patrick Condon, president of Finished Basement. "We'll have clients who are buying new homes because of the unfinished basements. Then they want to have it finished so it's as nice as — or nicer than — their upstairs. They want to show it off to their neighbors."



The basement in Debbi and Mark Steffensen's home in Evergreen, Colo., mirrors the home's mountain setting.

THE STEFFENSENS

The basement at the Steffensens' Evergreen home makes a statement: Welcome to the mountains.

A faux evergreen sits behind the comfy green sectional. Knotty pine borders windows and is pieced over support beams. The silhouette of Mount Evans climbs high on a wall that houses a home theater system. Images of moose and bears are scattered throughout.

Like the Campbells, Mark and Debbi Steffensen worked with Finished Basement on their 1,200-square-foot space.

"None of their clients had wanted anything so rustic before," says Debbi, 40. "I think they enjoyed being able to do something a little different."

"They definitely wanted to bring that more natural feel inside," says designer Gina Schreeder of Finished Basement. "Usually, the post in the basement is wrapped in drywall, but we did a pine-wrap treatment."

The Steffensens were the first occupants of the home when they moved in almost seven years ago. The basement was unfinished, but its high, 9-foot ceilings invited finishing.

A door from the TV-watching area leads to the guest bedroom, which adjoins a bathroom with fully tiled shower with seat. A kitchenette — with tile counter, stainless-steel sink and wood cabinets with display shelves — sits in a cozy corner at one side of the landing. Carpet covers the theater area and guest room, while ruddy slate tile fills the rest, which also includes a bay window with striking vistas of the surrounding pine-dotted terrain.

Closeted space behind the 53-inch TV and under the stairs provides access to the electronics and storage for videos.

Placing the bathroom in the strategic spot between the landing and the guest room meant moving the basement's existing plumbing — an expense of \$8,000. The slate tile ran around \$10,000. The project totaled \$60,000 to \$70,000, Mark says.

"It was better to do it now and enjoy it for 10 years than wait to do it and not be able to enjoy it," he says.

A new 'method' for cleaning

By Angelica Pence
SAN FRANCISCO CHRONICLE

They're gone — the days when Windex blue and Mr. Clean's bearing bald look were icons for cleaning-product fashionistas.

The once-dowdy consumer staples are going upscale, flaunting chic packaging, aromatherapy scents and pricey designers. And at least two companies are leading us down the fragrant path.

Take Method, a company that harvested immeasurable hype last year when its Bamboo Kitchen Cleaner was spotted in the neatly kept kitchen of TV's prettiest clean freak: Monica Gellar, of NBC's "Friends" fame.

Started in 1999 by Eric Ryan and Adam Lowry, Method is the first brand created for Generation X and upscale audiences, who make up 42 percent of the \$5 billion household cleaner category, they say.

Now, Ryan and Lowry have come out with their latest offering for the increasingly crowded kitchen of tres-cool cleaners: \$5 liquid dish soap in a package designed by the "poet of plastic," industrial designer Karim Rashid.

"The idea is to change the domestic landscape, the 21st century and the time we live in," says Rashid, whose client list includes Armani, Prada, Sony and Estee Lauder. "Times have changed. The banal is now much more beautiful. A lot of our everyday products are so high-performing and aesthetic that all of us are design conscious."

The Jetsonesque bottle is stored inverted so it's always at the ready. Squeeze the 25-ounce container and a valve pops open, spouting a small amount of grapefruit, cucumber, mint or lavender-scented soap. Stop squeezing and the dime-size hole automatically rescals.

Williams-Sonoma was among the first companies to introduce personal cleaning products for the aesthetically conscious cook. The company's Essential Oil Collection includes liquid hand soap and dish detergent, bar soap and a candle, which helps neutralize cooking odors.

"Like fine perfumes (or fine wines for that matter), they contain an array of carefully balanced aromatic components with top, middle and bass notes," Williams-Sonoma says.

The San Francisco housewares giant this year added cleaning products to its collection packaged in classically shaped plastic bottles with apothecary-style labels designed by Caldrea, a Minneapolis company.

These include countertop and floor cleaners and a basil-verbena window wash. All are biodegradable and available in elegant scent pairings of mint, basil, lemon verbena, rosemary, pine and grapefruit.

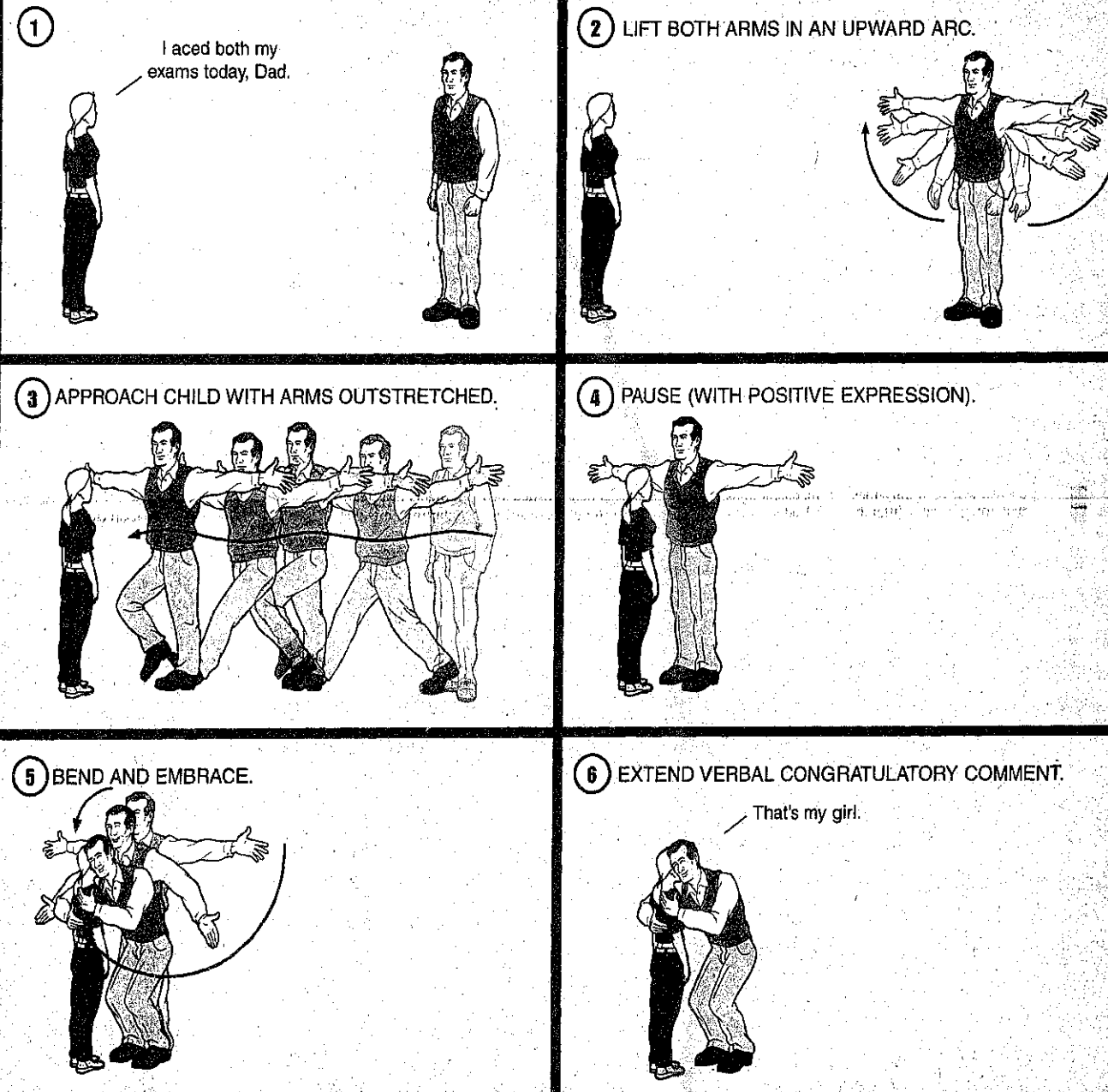
The products retail for between \$8 and \$12.

On the Web:
methodhome.com
www.williams-sonoma.com

Parental Guide #27

"THE SUPPORTIVE HUG"

(Please see diagram below.)



The 'Old Glory' fridge

Flag-waving kitchen appliances say, 'Patriotic and proud!'

By Lynette Evans
SAN FRANCISCO CHRONICLE

What better way to keep ourselves focused on our civic duties than to make patriotism the focal point on the kitchen? Yes, fellow Americans, now thanks to Frigo, a company that makes custom frame and panel sets for refrigerators, you can turn your fridge into a huge American flag.

Along with Frigo's Festive Fridge Holiday Collection, which includes Halloween, Thanksgiving, Christmas, Valentine's Day, St. Patrick's Day and Easter panel themes, the Brewerton, N.Y., company is offering the "Spirit of America" flag design.

Thanks to Frigo — (800) 836-8746, or www.frigodesign.com — you no longer have to suffer with that old white Kenmore or the custom wood-paneled Sub-Zero.

Provided it's built to accommodate custom door panels, for only \$329 you can convert your side-by-side fridge into a huge Old Glory. It's \$449, if the fridge isn't made for custom panels, but, what's another \$120 when you're making your patriotic point?

Heck, the \$30 to \$40 shipping charge (depending on the model) is nothing, either, when you consider that you'll be able to salute the flag every time you reach for a Bud.

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art and design by J.J. Sedelmaier Productions

Plus Crab Cakes

(REAL OR FAUX)

FOOD

Nothing says
Chesapeake Bay
like crab cakes

By Jessica Wehrman
SCRIPPS HOWARD NEWS SERVICE

Blue crabs are more than just a part of life on the Chesapeake Bay, and for those who live in the region crab cakes are more than just food.

Although "Callinectes sapidus" are found from Maine to Texas, Chesapeake Bay residents know crab cakes like Midwesterners know corn on the cob.

Chef John Shields says most restaurants in Baltimore serve crab cakes — even the Greek pizza place serves a crab cake sub. "People here are totally fanatical about crab," he says, adding that crab cakes are the No. 1 seller at his Baltimore restaurant, Gentrude's.

Greg "Cowboy" Richardson, chef at the Rams Head Tavern in Annapolis, Md., insists that blue crab is the only way to go when making crab cakes. Not Dungeness or King crab, which are found on the West Coast, but the Chesapeake Bay's treasure.

Whether served in a sandwich with slaw and fries or as a sweet, moist entree, chefs agree the key is quality crabmeat, preferably lump or backfin. Because crab is a sweet meat, it should be the star of the show. All other ingredients are merely filler.

Katherine Alford, head of the Food Network's test kitchens, warns that "The hardest thing about making crab cake is the sticker shock. You want to get the best quality you can afford."

Alford advises would-be crab cake-crafters to avoid surimi — the imitation crabmeat. Instead, she suggests jumbo lump crabmeat. The larger the lump, the more expensive it is.

Because of the decline in blue crab harvests in recent years, it's getting more and more expensive — about \$22 per pound for Maryland-caught jumbo lump crabmeat last summer, for example.

More groceries are marketing refrigerated pasteurized lump crabmeat — a better option than many frozen brands offered in huge lumps, says Shields, author of "Chesapeake Bay Cooking with John Shields."

"This product is so amazing," he says. "It is like one degree away from fresh picked crab."

The other key is the binder — the stuff that holds the crab cake together. Some recipes call for bread, others for cracker meal or flour. Traditional Southern crab cakes include cracker meal — it gives the cakes a toasted, nutty taste. Other binders include panko, a type of Japanese bread crumb, and even leftover mashed potatoes.

The less filler, the better, Alford says. Use only enough to hold the cake together, she suggests, but not enough to mute the crabmeat's flavor. For an extra kick, include some onions, celery and spices.

Some chefs deep fry crab cakes, others pan fry or saute until heated through. Others broil them. Alford suggests pan-frying, since deep frying mutes the flavor.

Shields says sauteing and broiling both make great crab cakes, but frying is the favorite among native Baltimoreans. "Those who grew up eating crab cakes at the fire hall or church hall always eat them fried," he says. "It gives this wonderful crispy flavor."

Richardson is well aware that his crab cakes come under the scrutiny of some of the toughest crab cake critics around.

"In this town, they'll let you know whether you've got good crab cakes or not," he says.



Crabcakes and corn on the grill dinner at the Ram's Head in Annapolis, Md. (SHNS photo by Bill Clark / Scripps Howard News Service)

Photo by Bill Clark / Scripps Howard News Service

If your budget is
thin, try faking it
with fish, not crab

By Janet K. Keeler
ST. PETERSBURG TIMES

There's no question that the folks of Maryland have something to brag about in their luscious crab cake, a Chesapeake Bay original that leaves a big impression wherever it migrates.

Big lumps of cooked crab, not those shreds from a can, are what make Maryland's legendary crab cake so delicious. But the expense of lump crabmeat encourages experimentation with other seafood.

Filler is frowned upon in an authentic Maryland crab cake. It is natural to want to stretch the expensive meat, but it's blasphemous to cover up the richness of crab with bread crumbs from a box. That's the thinking in Maryland.

Less expensive seafood doesn't create such a dilemma. Frozen cod at \$5.50 a pound and calico scallops for about \$4 make it easy to experiment and far less painful if the results are less than perfect.

Almost any seafood can be molded into a cake, held together with eggs and sometimes mayonnaise, then flavored with everything from fruity hot sauces to Asian spices. Because it's not expensive crabmeat, we don't have philosophical problems with adding bread crumbs. Our goal is to get the finicky cakes to stick together.

Chunks of tangy brie added to whichever meat your wallet allows change the profile of the traditional cake. Grated ginger and water chestnuts give an Asian flair to cakes made of shrimp and scallops. If it's the sea you want to taste, go easy on the additions and limit flavorings to salt, pepper, garlic and onions.

Seafood cakes have three elements: cooked seafood, binder and flavorings. We like our flavorings to come from a combination of spices and veggies such as colorful peppers, scallions, shallots, leeks, celery or water chestnuts. Dice everything small and uniformly so the pieces cook evenly during the brief time they are heated. Bread crumbs do help keep your cakes together, despite the protestations of purists. Unflavored crumbs are the most unobtrusive, but then maybe you want Italian seasonings for your halibut cakes. Egg is also a binder and the only ingredient that needs to be cooked.

We like the coarse, untoasted Japanese bread crumbs called panko. Panko is light, almost tasteless, and the larger crumbs make the cakes crunchier, a good thing if you are broiling, rather than frying, your cakes.

We figured on 3-1/2 cups of bread crumbs for the amount of seafood but started with 2 cups. The remaining 1/2 cup was added because the mixture was too loose. We were finally confident when a tablespoon of the mixture held together when compressed by hand. The final ratio was 2-1/2 cups of bread crumbs to about 1-1/2 pounds of seafood.

Seafood, whether it be fin fish or shellfish, should be cooked before being mixed with other ingredients. We sauteed the cod fillets in a little olive oil, let them cool and then flaked the meat into the mixing bowl. Raw seafood lets off too much moisture during cooking, plus it requires more cooking time, which will burn rather than burnish the cakes.

Cooked shrimp and scallops should be chopped coarsely before being added to the cake mixture.

Take the extra time and chill the molded cakes before frying. It makes the difference between failure and success.

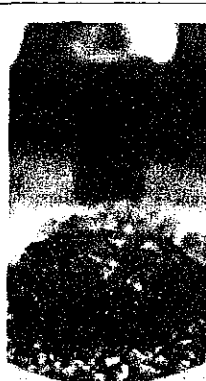


Photo by Bill Clark / Scripps Howard News Service

Crab Cakes

Servings: 4-6
Source: Food Network
Kitchens

1 lb. crabmeat
4 tablespoon unsalted butter
1/2 cup finely diced onion
1 stalk celery, minced
1 tablespoon minced garlic
2 large eggs, beaten
1/2 cup heavy cream
2 tablespoon freshly squeezed lemon juice
2 tablespoon whole-grain mustard

1 tablespoon minced fresh flat-leaf parsley
2 teaspoon chopped fresh dill
Hot sauce, to taste
Kosher salt and freshly ground black pepper, to taste
3/4 to 1 cup cracker meal, plus more for dredging the cakes
1 to 2 tablespoon vegetable oil

Spread the crabmeat out on a pan and pick over it to remove any shell. Transfer to a medium bowl.

Melt 1 tablespoon of the butter in a small skillet over medium heat. Add the onion, celery, garlic, and cook until soft, about 5 minutes. Cool slightly and add to the bowl of crab.

Add the eggs, cream, lemon juice, mustard, parsley, dill and hot sauce to the crab mixture and mix together. Season with salt and pepper. Add 3/4 cup cracker meal to make a moist mixture. (Add the remaining 1/4 cup of meal if the mixture is very wet.)

Form into 2- to 3-inch round patties (cakes) about 3/4 inch thick. Place the crab cakes on a parchment or wax paper-lined pan, and refrigerate for 1 hour.

To serve: Dredge the cakes in the cracker meal. Heat a large skillet over medium heat and add the remaining butter and oil. Cook the crab cakes, in two batches, turning once until golden brown and heated through, about 3 to 4 minutes per side. Serve with tartar sauce.

For cakes:
1 lb. cod filets (can substitute other firm white fish such as halibut, grouper or sea bass)
8 tablespoon olive oil
6-ounce can crab meal
3 tablespoon chopped fresh parsley
1 cup chopped green onions
1/2 cup yellow peppers, diced small
2 tablespoon flour
2 large garlic cloves, chopped
1-1/2 teaspoon grated lemon peel

Sprinkle cod fillets with salt and pepper. Heat 2 tablespoons olive oil in heavy large skillet over medium-high heat. Add fillets and saute until opaque in center, about 4 minutes per side. Transfer to plate; cool. Wipe skillet with paper towels.

Flake fillets into large bowl. Mix in crab meat, parsley, green onions, peppers, flour, garlic, lemon peel and mayonnaise. Mix in 2 cups bread crumbs. Season with salt and pepper; mix in egg. Add remaining 1/2 cup bread crumbs if you need them.

Shape into 10 3-inch-diameter cakes and chill in refrigerator for 30 minutes to an hour. While cakes chill, make sauce by combining all ingredients. Chill. To cook cakes, heat remaining 6 tablespoons of oil in skillet over medium heat. Add fish cakes and cook until brown and crisp, about 4 to 6 minutes per side.

1/4 cup mayonnaise
2-1/2 cups panko bread crumbs or fresh bread crumbs from crustless bread
Salt and pepper
1 large egg
For sauce:
1 cup mayonnaise
1 tablespoon capers, drained and chopped
2 tablespoon chopped fresh parsley
1 tablespoon lemon juice
1 clove garlic, minced



Photo by Scott Keeler / St. Petersburg Times

Seafood Cakes with Caper Sauce

Servings: 10 cakes
Source: St. Petersburg Times

'Cup' teems with comfort

By Marty Meitus
SCRIPPS HOWARD NEWS SERVICE

When Jay Weinstein, a chef and food commentator for National Public Radio, was asked by the publisher to participate in "A Cup of Comfort Cookbook" (\$12.95, Adams Media Corp.), he thought it would fill a need created by the Sept. 11 attacks.

The cookbook, one in a series of "A Cup of Comfort" books, is a combination of inspirational stories and recipes.

"It's stories from people across America or even some outside America, about experiences in their lives that were distressing that they overcame," Weinstein says. "The stories describe how people have turned to food to bring that settled feeling into their lives."

The recipes are for well-known comfort foods, "the recipes that people turn to in times of stress," he says. To find stories, the editors put out an all-points bulletin to cooking clubs, sewing societies, chat rooms on home cooking, families and friends.

"We got many times more submissions (than we could use)," Weinstein says. "It was an avalanche of responses, but some of the universals kept repeating. We could do an all-meatloaf cookbook based on their submissions."

Weinstein was in charge of defining the comfort foods and adjusting the recipes. "We got a lot of regional recipes, but I felt it was important that these be universally recognized recipes, a touchstone for people," he says.

Based on an unscientific review of the submissions, Weinstein would name the top 10 comfort foods, in order, as mashed potatoes; roast turkey with stuffing and gravy; milkshakes; apple pie; sweet potato pie; grilled cheese sandwiches; chicken soup; bread pudding; spaghetti and meatballs; and brownie sundaes.

The common denominator is that "they're rich, they're stick-to-your-ribs food," he says. "Everyone has to decide what foods they're going to reach for when a difficult time in their lives sends them into the kitchen."

Most people's top 10 are in the book, he says, including barbecued ribs, pot roast, glazed ham, fried chicken and casseroles and his favorite comfort food, roast chicken.

Roasted Chicken with Lemon and Thyme

1 chicken (3 1/2 to 4 pounds)
1 tablespoon oil
2 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 lemon
1/2 head of garlic, cut in half lateral-ly
1 medium onion
1 tablespoon cornstarch, dissolved in 1/2 cup cold water

Heat oven to 450 degrees. Rub the chicken inside and out with oil, thyme, salt and pepper. Place the half-lemon and half-head of garlic in the cavity. Place the chicken, breast side up, in a small roasting pan, along with the unpeeled onion. Cook 20 minutes on top rack of oven; lower heat to 325 degrees.

Cook 35 to 45 minutes more, until juices do not appear pink when tipped from the cavity and a thermometer reads 180 degrees in the thigh. Transfer chicken to a cutting board to rest for 15 to 20 minutes.

Meanwhile, add 1 cup of water to the roasting pan. Use a wooden spoon to scrape up all browned bits, transfer to a small saucepan, along with the lemon and garlic from the chicken. Thicken by adding the cornstarch solution. Simmer 10 minutes and season.

Serve the carved chicken with the roasted onion, quartered, and gravy. Serves 4.