

Low-fat dishes are pleasers

See Chef Larry Jones column on Taste front. Here's a casserole idea that the entire family will enjoy!

SCALLOPED CHICKEN

- 2 ribs celery, finely chopped
- 6 green onions, finely chopped
- 4 sprigs parsley, finely chopped
- 2½ cups low-fat packaged stuffing mix
- 1 (14½ ounce) can fat-free chicken stock
- 2 tablespoons cornstarch
- ½ cup skim milk
- Dash salt and fresh ground pepper
- 3 cups cooked chicken meat, skinned, boned and diced
- ½ cup dry bread crumbs
- 1 tablespoon corn oil margarine, melted

Heat ¼ cup of the water in a skillet over low heat. Add the celery and green onions and parsley and cook for 5 minutes. Place the stuffing mix in a large bowl. Add the vegetables and their cooking liquid

plus an additional 3 tablespoons of water and mix lightly with a fork. Preheat the oven to 375 degrees F. Spray a 9 by 13-inch baking dish with non-stick vegetable spray.

Place the stuffing mixture in the bottom of the dish and set aside. To make the sauce, warm the chicken broth in a medium saucepan over medium heat. Dissolve the cornstarch in the skim milk and add to the broth. Cook slowly, whisking until mixture slightly thickens. Stir in salt and pepper. Pour half the sauce mixture over the stuffing.

Place chicken pieces on top and cover with remaining sauce. Combine the dry bread crumbs with the margarine and sprinkle over the top. Bake, uncovered, until golden, about 25 minutes. Serves 6 (1 cup each).

Each serving is 200 calories, 9 gr. fat, 65 mg. cholesterol.

CHICKEN PIE

3 cups cubed, boneless and skinless cooked chicken breast

2 cups chopped cooked broccoli

One (10½ ounce) can reduced fat cream of chicken soup
1 cup fat-free chicken broth
1½ cups self-rising flour
1½ cups buttermilk
¼ cup liquid egg substitute
2 tablespoons corn oil margarine, melted

Preheat the oven to 350 degrees F. Spray a 9 by 13-inch baking dish with non-stick vegetable spray. Spread the chicken and broccoli over the bottom of the prepared dish. Combine the soup and the broth and pour over the top.

In a medium bowl, combine the flour, buttermilk, egg substitute and margarine and mix well. Spread evenly over the top of the dish and bake, uncovered, in the preheated oven until golden brown, about 1 hour. Serves 6.

Each serving contains: 326 calories, 8 gr. fat, 56 mg. cholesterol. Recipe source: Both recipes from "Cook It Light One Dish Meals" by Jeanne Jones. (Copyright 1996, Published by Macmillan, \$23)

COOKING CALENDAR

Send items to be considered for publication to: Keely Wygonik, Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313)591-7279.

Classes

IRISH COOKING SCHOOL
Offered by Metro Detroit Chapter Irish American Cultural Institute, Saturday, March 2, Ballroom of Bostford Inn, 28000 Grand River, Farmington. This year's theme is Irish Country House Breakfast and Pub Grub. Donation is \$15, a buffet lunch and book of Irish recipes included. (810) 540-6587

LEMON'S NATURAL CUISINE
Classes feature high-fiber, low-fat, nutritionally balanced foods. Classes taught by Lenore Walkers Baum, Warming Soups, 6-9 p.m. Wednesday, Feb. 21; Lasagna 6-9 p.m. Wednesday, Feb. 28, 22890 Inland Road, Farmington Hills. (810) 478-4455

Demonstrations

JOEY SCHMIDT AT VIO'S WORLD CLASS Market
Appearing at Vic's World Class Market, 42875 Grand River, Novi, 6:30 p.m. Tuesday, Feb. 27. Dinner follows cooking demonstration. Tickets \$75 each. Limited class size, call for reservations. (810) 505-7333, Ext. 201

KITCHEN GLAZING
Spanish/Mexican Fiesta featuring Candy Garcia 1 & 6:30 p.m. Tuesday, Feb. 20 (Novi); Wednesday, Feb. 21 (Redford); Thursday, Feb. 22 (West Bloomfield). There is a \$2 fee. (313) 537-1390

College offerings

SCHOOLCRAFT COMMUNITY COLLEGE
Quick and easy meals, 9 a.m. to 1 p.m. Saturday, Feb. 24 (810): Appetizers and Hors d'Oeuvres, 7:30-9:30 p.m., six weeks 7:30-9:30 p.m. beginning Monday, March 11 (810); Breakfast Breaks and Small Bites, three weeks 5-8 p.m. beginning Monday, March 11, (811); Exploring the Art of Cooking II, three weeks 6-9 p.m. beginning Wednesday, March 13 (8120); Pastries & Desserts four weeks 6-9 p.m. beginning Wednesday, March 13 (8110). (313) 452-4448

COOKING SEMINAR (HENRY FORD COMMUNITY COLLEGE)
Chef Series for the Home Cook, 10 a.m. to 5 p.m. Saturdays to March 2, Henry Ford Community College, Dearborn. Cost \$60 per session, \$240 per series. Recipes and techniques demonstrate how to spend a day preparing the meals for many meals for the week. Lunch and dinner included. Feb. 24, Judith Gardner; March 2, Marilyn Symanski. (810) 645-6390 or (810) 645-9885

PANORAMIC EGGS
At Henry Ford Community College, 6-10 p.m. Thursday, March 21, cost \$33; Growing and using culinary herbs, 6-9 p.m. Thursday, March 21, cost \$33, Henry Ford Community College, 5101 Evergreen, Dearborn. (313) 845-6390 or (810) 645-9885

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The voice of public opinion

When you only have a hammer, every problem is a nail

Children see the truth in this old proverb borne out every day. Some of our young people have concluded that the hammer—violence and force—is the only effective way to solve problems. And they're learning this from a very powerful and compelling teacher—one with whom they willingly spend as much as 30 hours a week. That teacher is television.

Any veteran teacher will tell you that kids have changed over the past 30 years or so. They are more profane, more prone to acts of violence, and more sexually precocious. Is it any wonder? More than 90 percent of programs during children's prime viewing hours are violent. This does not mean that violence on television is the only motivator of aggressive or violent behavior; fractured families and fragmented communities also have a major impact on the lives of our children. But the hypnotic eye of TV is simply too powerful to dismiss or ignore.

That is why, as parents and as public school employees, we welcome the new hard-hitting report, the National Television Violence Study, sponsored by cable TV. It found the violence on TV both pervasive and harmful, particularly to young children between the ages of 5 and 8 who watch for long periods without any kind of "reality-check" explanation. Children's programs, such as cartoons, pose special concerns, since they are the least likely of all types of programming to show the long-term negative consequences of violence. What's more, they often show violence in a humorous context.

On television, of course, violence can be switched off and it goes away. But in real life it's not so easy—the effects don't go away. According to the American Academy of Child and Adolescent Psychiatry, hundreds of studies on the effects of TV violence on children show that children may:

- become "immune" to the horror of violence;
 - gradually accept violence as a way to solve problems;
 - imitate the violence they see on TV; and
 - identify with certain characters, victims and/or victimizers.
- There are significant opportunities arising from this study. It underscores the absolute importance of helping children become more critical TV watchers and of protecting them from becoming casualties in the broadcasters' battle for the marketplace. Here are some of the steps we can take:
- Set limits on the time children spend in front of the TV, regardless of content, because it keeps them from more

beneficial activities such as reading, playing or socializing with friends and being physically active.

- Pay attention to the programs they're watching. Watch with them. Point out that although the actor is not really hurt or killed, such violence in real life causes pain and death.
- Set an example; change the channel or turn off the TV when an offensive or violent program comes on.
- To offset peer pressure, talk with teachers and other parents and agree to enforce similar TV viewing standards. Also encourage and support local school programs promoting conflict resolution. Such programs have proven particularly valuable for young students, especially when parents become involved.
- Express your views. Call your local station when you are offended or pleased by something that has been aired.

Television violence has come under very close scrutiny lately, and some very positive action is being taken. In his State of the Union address, President Clinton called for the TV and movie industry to produce programming that they'd be comfortable showing their own children. President Clinton, this past week, signed into law the Telecommunications Act of 1996, which, among other things—provides for a V-chip, which allows parents to lock out violent programs. There is growing public support for the V-chip and lawmakers are asking the entertainment industry to quickly adopt a rating system for TV shows to help facilitate the V-chip's program-blocking capability.

Federal Communications Commission Chairman Reed Hundt favors putting some teeth into the Children's Television Act of 1990 by requiring three hours of educational programming weekly from each network (the current requirement is a mere half-hour per week).

Our children are our most precious resource. We don't feed them garbage; why should we let them watch it? Make your voice heard on this important topic by e-mail to kidstv@fcc.gov or write to Secretary, FCC, 1919 M Street, NW, Washington, D.C. 20554.



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