

'Cheating Lessons'

Farmington author publishes teen novel

BY PAUL H. PACE
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Farmington author Nan Willard Cappel says she sometimes thinks like an adolescent. "I seem to have a juvenile's sense of humor," said the mother of three who recently published her first novel, "Cheating Lessons."

Fortunately, she writes very much like an adult, and her skills were recently rewarded by having her first novel picked up by a major publishing company, Simon & Schuster.

The novel, aimed at teens, is about a high school quiz bowl team from Michigan whose ambitious captain discovers someone has cheated them into a statewide televised championship match.

Recently released, the book

has already earned positive reviews from Teen People magazine and The Horn Book Magazine, a literary journal of children's books.

Cappel came up with the idea for the novel in part from her years spent coaching Odyssey of the Mind teams. She coached her daughter's team to the national competition.

"For one year I was trapped with teen girls," Cappel said with a laugh.

The idea for the book was also sparked by a news article she read. It involved a national high school competition where it was discovered a year later that the winning team cheated.

"I found that interesting," Cappel, 47, said of the student who finally came clean a year after the competition.

"I decided I would write a story from the student's point of

view and what that person would do in that situation."

The central character, a book-smart 16-year-old named Bernadette, is faced with a moral dilemma after discovering her school cheated in a state quiz bowl on literature.

"As I wrote the book, I realized she could go a number of ways, that's what made it interesting," Cappel admitted the main character has something of herself in the story.

"I was always a reader," she said. "(Bernadette) is smarter and has a better memory."

The book took about two and a half years to write.

Dream come true

The author admitted writing a novel was a fantasy, but when she stayed home after her second child was born, she took the idea more seriously.

She started out in picture books, but graduated to short stories about middle school students. She said she soon realized her talent was best suited to more in-depth stories.

Cappel, who lives in Farmington with her husband Dirk, two daughters and one son, doesn't think of the book as a teen novel, per se.

She said she follows the philosophy, "good fiction is good fiction no matter who your audience is."

"I don't like aging my stuff," she said. "I wrote a story that has to happen to a teen."

And yes, there is a reference to the students in the novel living near Farmington.

The fictional town might as well be Farmington, Cappel said. The author said she is in the middle of completing another novel, mixing it in part with her pursuit for a master's degree in Creative Writing from Wayne State University.

She hopes to use the degree to teach English at local community colleges.

The writer has a master's degree in business from the University of Pittsburgh and a bachelor's degree in English from the University of Notre Dame.



Book signing: Nan Willard Cappel, author of "Cheating Lessons", says her novel is based in part on her experiences with "Odyssey of the Mind" and a cheating scandal she read about several years ago.

Vattikuti golf event to raise funds for cancer programs

Henry Ford Health System and Beaumont Hospitals are teaming up to make an impact

on cancer education, treatment and research with the inaugural Vattikuti Invitational presented

by Ford Motor Company.

Rajendra Vattikuti, founder and co-chairman of the board of Conavans Corporation, based in Farmington Hills, and his wife Padma, donated \$40 million to the two hospitals to establish special cancer institutes. The Vattikuti Invitational hopes to net a total of \$500,000 to support cancer programs at both institutions.

The event is scheduled for

Monday, June 17 at the Oakland Hills Country Club in Bloomfield Hills.

The entry fee for a foursome is \$5,000 on the South Course, site of the 2004 Ryder Cup, and \$4,000 for the North Course. The fee includes golf at the world-class club, live and silent auctions, lunch and an awards banquet.

Our goal for the inaugural Invitational is to raise significant funds for the Vattikuti

Urology Institute at Henry Ford Health System and the Vattikuti Cancer Institute at the Beaumont Hospitals," said Day.

The Vattikuti Urology Institute at Henry Ford Health System was established with a \$20-million donation from the Vattikuti Foundation to support prostate cancer research, education and treatment advances. Prostate cancer is the most common cancer and the second leading cause of cancer deaths in men. The Institute recently performed the world's first outpatient robotic prostatectomy, the removal of the prostate and surrounding tissue.

This new surgical technique helps facilitate a quick recovery

with fewer complications. The Institute is dedicated to providing the most effective and up-to-date treatment for men facing prostate cancer and helping them return to their usual lifestyle as quickly as possible after treatment.

The Vattikuti Cancer Institute at Beaumont Hospital in Royal Oak also was established with a \$20-million donation from the Vattikuti Foundation. The Institute will help support breast cancer detection and treatment and the development of state-of-the-art surgery techniques for the treatment of prostate cancer.

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In addition, the NSAIDs, like aspirin, are good pain relievers and are useful in rheumatoid arthritis for that reason alone.

The second line of medication therapy is the disease modifying anti-rheumatic drugs called DMARDs. This group included gold salts, methotrexate, etaner, etaner, etaner, and several other drugs. These medications either prevent lymphocytes from making the antibodies that trigger rheumatoid disease, or stop the antibodies and inflammatory agents already circulating from attaching to cells in and around joints. Each of the agents included in the DMARD group work in a different manner. For that reason, it is possible to give you not only one DMARD drug, but add additional ones from the category if a single DMARD is not controlling your arthritis.

The DMARD is considered the heavier gun, but that is incorrect. It is a different tool. For your best response to rheumatoid arthritis, you need both a NSAID and a DMARD medication.

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