



Organic veggies

It's no secret that more and more grocery shoppers are choosing to "go organic. More than a third of all households are buying organic foods today. That's why Cascadian Farm, a leading manufacturer of organic



products, is introducing its size organic vegetables available in sweet corn, gar den peas, broccoli cuts, cut den peas, broccoli cuts, cut green beans and mixed veg-etables. Look for Cascadian Farm products in grocery and natural food stores. Prices will range between \$159 and \$2.69 per bay depending on variety. For more product or recipe infor mation, visit www.smallplan-etfloods.com

Texas in a Jar

January is National Soup Month. To honor it, local school districts are hosting Texas in a Jar - a chill soup course with a recipe that won five world taste champi-onship chill awards. The \$15 course also includes recipes course also includes recipes for chuckwagon stews, bar-becues, desserts and more. Bring a one-quart jar, knife and cutting board. Here's the

- Jan. 13 Utica Public

- Jan. 13 Ultica Public Schools: (Seb) 416-2782 Jan. 16 Bloomfield Public Schools: (248) 431-46-406 Jan. 22 Farmington Public Schools: (248) 449-1233 Jan. 29 Novi Public Schools: (248) 449-1205 Feb. 10 Learborn Public Schools: (248) 326-3002 Feb. 10 Leave Orion Public Schools: (248) 639-5436

Schoots; (248) 693-5435

22 Shopping Tip
Put a dash of flavor in your favorite dishes with some help from Mrs. Dash. "No patient will stick to a healthy eating plan if the food gets boring and bland," said Gall Posner, a registered dished with healthy Wars Nutrition Counseling in West Bloomfield. "Mrs. Dash provides a quick way to spice up chicker, fish, polatoes, pasta, veggles and salads without adding sail. Mrs. Dash for svaliable in nine." Mrs. Dash is available in nine seasoning blends including tomato basil gartic, lemon pepper, extra spicy and clas-sico Italiano." Posner can be reached at (248) 855-4558.

Storing olive oil

Although unnecessary, refrigerating olive oil is a refrigerating olive oil is ort harmful. It may make the oil cloudy and thick, but the flavor and quality are not affected. The thick appearance will disappear when the oil comes to room temperature again. According to dictilians at the American institute for Cancer Research, lovine oil stays fresh for a year of two at room temperature as tong as it is stored away from light and heat. You can store It in a cabinet as long as it is stored away from light and heat. You can store It in a cabinet as long as it is not next to a source of heat. Air is another enemy, so store the oil in an aff-riight container title a bottle with a screw top) to retain fresh. screw top) to retain tresh-



at Borders. B3





Safe sippers

Orinks that are alcohol-free, like peach fuzz and pina colada, look interesting when served in a vari-ety of glasses and garnished with fresh fruit.

New Year's drinks can be elegant and alcohol-free

To keep restaurant and party guests sober this New Year's the drink ingredient of the moment is fruit.

sober this New Year's the drink ingredient of the moment is fruit.

Any fruit, that is.

Before choosing drinks for your party this year consider the following:

Mationwide last year, 51 percent of the 37 traffic fatalities over the New Year's bidday were alcohol related.

In Michigan throughout 2001, 39 percent of the 1,228 traffic fatalities were also alcohol linked.

You can please guests at parties this year with low-alcohol and alcohol-free tasty drinks - local experts explained how. Members of the Michigan chapter of Mothers Against Drunk Driving suggest using a non-carbonated base such fruit juice in punches made with alcohol into the blood stream. MADD also encourages party hosts to offer alcohol-free drinks between alcohol based sippers to lower the amount of alcohol that guests drink.

On New Year's Eve at Sweet Georgia Brown in Grecktown, Frank Taylor says led loffer complimentary non-alcoholic drinks.

This is our first New Year's Eve party

drinks.

"This is our first New Year's Eve party and we will do for our guests what we do with all large parties at our restaurant,"

A frozen strawberry drink, holiday punch and san-

Taylor said. "We offer the designated driv-er complimentary alcohol-free signature

cocktails.

The signature drink at the hip restaurant, created by bartender Thomas Bass, is a blend of pineapple and red grapefrui juice, club soda, and sweet and sour mix. It's served over ice and garnished, of

course, with peaches.

Efforts at restaurants like Sweet
Georgia Brown to offer alternatives to
alcohol based drinks are applauded and
encouraged, explained Larry Keller of
AAA Michigan. AAA Michigan
Birmingham branch recently offered free
samples of non-alcoholic drinks from this
year's 'Great Pretenders Party Guide.'

The guide contains 16 recipes from bartenders and chefs throughout Michigan
and can be found on its Web site at
www.anamtch.com - under the 'What'
New' category. Fruits and juices, crushed
ice and club soda are the main ingredients
non-alcoholic
sangrias, pina coladas and

non-alcoholic sangrias, pina coladas and margaritas call for cherries, pineapple, limes, kiwi and oranges – or any fruit as

limes, kiwi and oranges – or any fruit as long as its fresh.

The Grand Hotels cherry drink was one of the featured items in this year's "Great Pretenders Party Guide." The recipe contained a local twist with Michigan sparkling cherry juice as a key ingredient. Alcohol-related traffic deaths are on the rise nationwide, according to MADD. Over the past three years, drunk driving deaths have climbed by five percent.

More than 500,000 Americans are injured annually in crashes involving alcohol.

These festive holiday drinks are also alcohol-free

SWEET GEORGIA BROWN'S SIGNATURE COCKTAIL

2 tablespoons pineapple juice t/4 cup ruby red grapefruit juice 2 tablespoons club soda 1/2 ounce sweet & sour mix

Shake and strain over ice. Garnish with a sliced peach, pineapple slice and cherry.

JOANIE'S SUNSKINE TWIST (SWEET GEORGIA BROWN)

2 tablespoons pineapple juice 2 tablespoons cranberry juice 2 tablespoons orange juice 3 fresh strawberries Sptash of Rose's Lime Juice

Blend with Ice. Garnish with a Presh Strawberry and Orange slices Source: Sweet Georgia Brown

The following recipes are from AAA Michigan's annual "Great Pre tenders" recipe booklet

MICHIGAN GRAND SPARKLING CHERRY JUICE

1 950 mt bottle Michigan sparkling cherry juice (or any cherry juice) 1/2 cup sweet & sour mix
2 2-quart containers of cherry sorbet 1 nint dark cherries with stems

l cup (ub 5008

Blend juice, soda, sweet & sour mix and one container of cherry sorbet until smooth. When serving scoop remaining cherry sorbet evenly into glasses or punch bowl and pour mixture over it. Garnish with cherries. Source: The Grand Hotel

PLEASE SEE DRINKS, B2

new year

BY SAHORA DALKA-PRYSBY CORRESPONDENT

For many, New Year's Eve will be the last time to be bad' before the "get healthy" and "get fit" and lose weight resolutions kick in on the first day of 2003. These are the people who give themselves permission to binge on all the fattening hors doeuvers, buffet foods and sweets that are often a part of end-of-the-year festivities. "Thmorrow, they vow as they put still another caloricaden appetizer in their mouth, "will be different!" But 'tomorrow' isn't usually that different. For many, Jan. I means feeling guilty you know, you always do when you overeat - and determined that this year you will lose weight. It is the same thing you say every year, year after year because you have never been successful with this challenge. (According to studies, weight loss is the top New Year's resolution each year and also the first one that is broken, usually in less than a month!)

This year, however, can be different if you gather your resolve carly. Why not forego the excessive eating on New Year's Eve and begin the New Year's This can be done if you plan ahead!

IF YOU'RE A GUEST ...

If you have been invited to a gala New Year's Eve celebration, or even a small gathering with friends, you can have a healthy time if you take the following steps.

If Xnow that you will be tempted by the food, so cat a low-fat, low-calorie snack (vegetable soup, some fruit, or a vegetable salad with a low-fat of all-free dressing) before you leave home. If you're framistied when you arrive at the party, there's a good chance that you'll bing on all the food offerings.

If Drink lots of water

good chance that you'll binge on all the food offerings.

■ Drink lots of water before you leave home and when you arrive at the gathering. Many times when you think you're hungry, you're just thirsty. Besides, when you fill up on water, your stomach is full and there's less room for food!

■ Look at yourself in a full-length mirror before you leave home. Remind yourself that you will not overeat at the party because you want to look even better next year. Also, remind yourself that you can have a good time without overindulging in foods and drinks.

■ Take a healthy food offering with you (see recipes inside), if the situation is

PLEASE SEE HEALTHY, B2

Red wine sparks enthusiasm among colleagues

Ine passionate employees improve the workplace. That's true according to Bloomfield Hills resident Carl Canden, President and COO of Troy-based Kelly Services. Camden cites the company administration as being collegia with strong family ties. "Today," he said, "it's common for employees to spend more time at work than at home. It's important, then, that the workplace be fun."

place be fun.
Employees soured on corporate structure or workers on their team are unproductive.



Ray & Eleanor Heald

Those of us at Kelly Services who are passionate about wines get together after work hours. Regardless of company rank, we socialize because we have something in common.

WINE PASSION ROOTS

Camden is a wine collector. In college, mostly to impress dates, he drank wines such as Mateus and Lancer's. He got serious after a friend convinced him in 1983 to invest in futures of 1982 Bordeaux wines. The vintage remains one of the mostly highly touted of the century.

"I'm attracted to the complexity and structure of Bordeaux wines," Camden explained.
"History is my college minor and i find the legacy and tradition of the great chateaux fascinating. Camden is a wine collector. In

The wines are not a flash of fruit as so many California Cabernets are. I enjoy experiencing Bordeaux wines as they develop with cellar aging.
Chateau Margaux is far and away. Camden's favorite. He puts Chateau Falmer second and adds that "its an under appreciated wine." He enjoys Chateau Haut-Brion and Chateau Cheval Blanc as 'winter wines that are best enjoyed with heartier foods.
Don't classify Camden as a

foods."
Don't classify Camden as a confirmed Francophile. He collects West Coast Cabernets and

named his favorites as Caymus Special Selection, Leonetti, Opus One, Mondavi Reserve (especially from the 1980s) and

INVOLVING COLLEAGUES

Camden has been employed by Kelly Services since 1995 and has served as president and COO since December 2001. Before this, armed with an Ohio State University Ph.D in com-munications, he was a college

MEASE SEE HEALDS, BZ

Are there cobwebs on your cultural calendar?



Turn to today's ARTS section. Get Inspired with ideas for some worthwhile things to do.