

# Authority leader appreciates home

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thority as she handles her responsibilities day to day, and season to season.

"All the jobs I've ever had before this added up to this job," she said. "It's really what I wanted to do — it all worked out."

HER JOB, plus other community activities, have made her a true team player, whether dealing with construction projects or helping to raise money for the privately funded Gaxbo/Pergola project recently completed downtown. "It's given me a new respect for the group process, working with a board and working with a community," she said. "Here, you have to produce the results, but you can't slight people along the way."

There's plenty to keep her busy. Strip Sitsamer is a member of the Farmington/Farmington Hills Community Center board of directors, where she chairs the center's community relations committee, is

active in the Farmington Hills Year 2000 project, and a member of the Farmington/Farmington Hills Optimist Club and the Farmington Professional Women's Network.

She also is usually enrolled in a class somewhere in the community, be it in flower arranging, horseback riding or swimming.

**BUT WHEN** she gets a bit of free time, she might be found reading cookbooks or acting on one of those favorite recipes. Specialty cheesecakes are among her favorite desserts, and she and her husband Murray Sitsamer entertain regularly at their Farmington Hills house.

As a couple, they have traveled across the country and the world. Trips to Morocco, Finland and Sweden are in their scrapbook of memories, not to mention the 7½-week trip a few years ago where they chaperoned 42 teenagers across the U.S. on a bus trip. They met 10 years ago as both were traveling to Israel.

## on the agenda

Below are highlights from agendas of government meetings this week. All meetings, unless otherwise noted, are open to the public.

**Farmington Hills City Council**  
City council chambers  
31555 11 Mile  
7:30 p.m. Monday, Dec. 11

The following public hearings are scheduled:

- Consideration of determination of special assessment district for Greenwood Road Improvement and notice of intent to issue bonds.
- Consideration of determination of special assessment district for Aleykay water main and notice of intent to issue bonds.
- Consideration of determination of special assessment for Aleykay/

Patriela sanitary sewer and notice of intent to issue bonds.

- Consideration of possible designation of Drake Road as a natural beauty road, from East Lyman to I-696.

The council will enact the following ordinances:

- To increase connection charge for the Farmington Interceptor and 1957 sewer system (Farmington-Evergreen sanitary sewer system).
- To add the Bach House on Ardmore and the Original Model House for the Oakland subdivision on Green Acres to the city's historic district.

The council will consider approval of a proposed code of ethics and the transfer of a 1989 Class C license with a dance permit at the Roman Terrace restaurant and McFrook's Salon from P.M.F. Corporation to

M.M.H. Inc.

A resolution is expected to be adopted approving the change in location of the Oakland County Solid Waste Facility from Postlue to Auburn Hills. Approval is expected of the first amendment to the agreement for exchange of property for fire station No. 1.

The consent agenda includes:

- Adoption of the final plan for Copperwood East subdivision.
- Award of contract for the installation of a traffic signal at the 11 Mile-Halsted intersection to Hauhorn Electric for \$4,950.
- Approval of a traffic control order prohibiting right turns on red from southbound Farmington Road to Eight Mile.

Farmington Planning Commission city council chambers  
23600 Liberty  
Monday, Dec. 11

At 7 p.m., the six-year capital improvement plan subcommittee will meet.

At 8 p.m., the commission will consider three site plan requests:

- Motorola Engineering, expansion of industrial building, 33001 W. Nine Mile. Proponent: Charles Hand, Steelcor Corp.
- Residential to office conversion, 33023 Thomas. Proponent: Anthony and Sergio De Genard.
- Interior renovations, 35355 Grand River. Proponent: Mobil Oil.

## Author meets cooking public

Author Julee Rosso will autograph copies and talk about her new cookbook at 7 p.m. Wednesday at the Birmingham Bookstore, 263 Pierce.

Rosso will sign copies of "The New Basics Cookbook" for an hour.

Richard and Reiss will be serving appetizers that evening, using recipes taken from that cookbook.

For more information, call the bookstore at 647-2655.

**Arthritis Today**  
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**WHY PHYSICIANS WON'T SAY 'STOP'**

With the development of artificial knees and hips you can keep using worn out joints until you need a replacement. But concern remains that such sustained exercise will wear out the other knee or hip. A study just published in the rheumatology literature investigated that possibility.

A group of 120 patients with osteo or rheumatoid arthritis were divided into 2 groups. One group of 60 people exercised by walking for 30 minutes three times a week to the point of raising their heart rates to 100 beats/minute. The other group of 60 did not take part in any such designated exercise.

After 12 weeks the investigators compared the two groups. The exercise group had less depression and anxiety and a higher level of general activity than the non-exercise group. There was no difference between the two groups in the extent of morning stiffness, involved arthritic joints, or grip strength. Thus, there was no evidence, by a variety of criteria, to support the warning that exercise would deteriorate more joints. The study shows what many physicians have intuitively felt: that activity never hurts, it only helps.

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**THE NEW BASICS**

Meet cookbook author Julee Rosso Thursday, December 14, 12 to 1 p.m. in our Kitchen Shop, Livonia



Co-author of the acclaimed Silver Palate Cookbooks, Julee Rosso will be here to sign your copy of The New Basics, her eagerly awaited book with Sheila Lukins. Heralded as the cookbook for the 1990s, The New Basics celebrates the tastes, ingredients, techniques and dishes that comprise the best of American cuisine, in all its abundant variety. Hardcover, 29.95 Paperback, 18.95

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