

Monday Mind & Body  
Tuesday Arts & Style  
Wednesday On the Menu  
Thursday Home & Family  
Friday Adventure & Discovery  
Saturday Faith & Values  
Sunday Ideas & Trends

Living

The turkey is succulent, the stuffing flavorful, but what about the gravy? Is it lumpy? Greasy? Is that all anyone will remember about your holiday meal? Pick up some gray-making tips from Susan Sugeman, deputy editor of food and entertaining for Martha Stewart Living magazine.

B3

Book Club

Donna Leon, author of *Uniform Justice*, is a New Jersey native, but she has lived in Iran, Switzerland, China and England. Her current home, in Venice, Italy, is the inspiration for her mystery series featuring a Venetian police commissioner. Columnist Nancy Shilling Pasquali profiles the author.

New reads

Author Stuart Woods' latest, *The Prince of Beverly Hills*, offers a plot with merit, but lacks descriptive writing and vocabulary used outside a fourth-grade classroom, according to one critic. Simon Brett's *The Hanging in the Hotel* continues his mystery series with an anything-but-predictable murder solved by odd-couple English sleuths Jude and Carole.

B2

What's coming up

MONDAY

About 4.5 million people are afflicted with Alzheimer's disease, but many more — family and friends — are affected by the devastating condition. It's particularly tough on young children watching their grandparents suffer.

Mind & Body

Findit

- Annie's Mailbox B6
- Books B2
- Destinations B8
- History B6
- Horoscope B6
- Movies B5
- Random Facts B6

Reachus

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“ Given that we believe other people can change if they get good help, why would we believe that people who are abusive can't change? That doesn't make sense to me. ”

—ALYCE LAVIOLETTE  
domestic violence interventionist

By Kate McLaughlin

**M**ention Alyce LaViolette's name to a domestic violence professional and the response is generally recognition and respect. For nearly 30 years, LaViolette has been a frontline advocate for battered women and a leader in the campaign to end domestic violence. Her resume is long and impressive, listing page after page of accomplishments, affiliations and awards from every corner of the domestic violence field.

But, like many pioneers, LaViolette has generated controversy as well as praise.

On Friday, LaViolette will speak at Little Company of Mary Hospital's Del Webb Health Center in Torrance as part of an ongoing series of discussions aimed at raising public and professional awareness of issues related to family violence.

The monthly discussions have been ongoing for more than 20 years, sponsored by the Family Violence Council of the South Bay. The event is free and open to all.

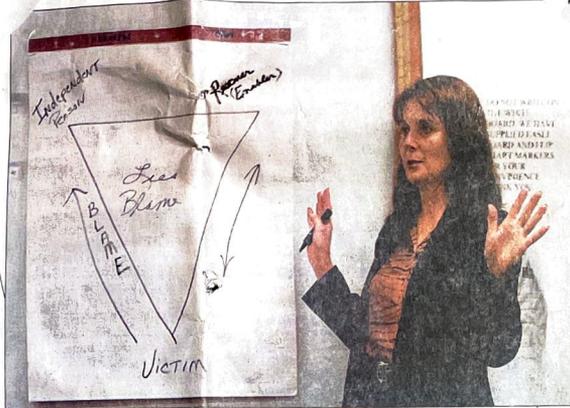
LaViolette's appearance is eagerly anticipated, but the topic of her lecture may be met by opposition. LaViolette will speak about batterers intervention programs, an alternative counseling approach she helped pioneer three decades ago.

"I was hired at a shelter in Long Beach back in the '70s to develop a program for men who battered their wives," LaViolette says. "It paid below the poverty line, but I took the job and got the rare opportunity to develop a holistic perspective on domestic violence."

A few years later, LaViolette took the program she developed at the shelter and opened Alternatives to Violence, one of the country's first batterers intervention programs. She still heads Alternatives to Violence and points out that several bat-

“ It's not going to get better unless you can change the batterers' behavior, the root of the problem. ”

—JANUARY WIGGINS,  
pictured below, who works in the South Bay as a state-certified batterers facilitator



# Battering abuse

Advocates counsel men who commit violence against women

Want to go?

Alyce LaViolette will discuss batterer intervention programs from 8 to 9:30 a.m. Friday at Little Company of Mary Hospital's Del Webb Health Center, 4101 Torrance Blvd. Admission is free. For information, call Andrea Welsing at 310-937-1977.

Find out more

- Alternatives to Violence 3703 Long Beach Blvd., Suite E-10, Long Beach, 562-493-1161.
- Collaborative for Alternatives to Violence and Abuse (CAVA), 514 N. Prospect Ave., Fourth Floor Redondo Beach. For information, call Andrea Welsing at 310-937-1977 or go to [www.cava-southbay.org](http://www.cava-southbay.org).
- Rainbow Services, 453 W. Seventh St., San Pedro. For more information, call 310-548-5450 or go to [www.rainbowservicesdy.org](http://www.rainbowservicesdy.org).

terers in the group have been diligently attending meetings for years.

Her holistic approach to the treatment of batterers includes lengthy counseling with a two-pronged goal: to change their deep-seated, abusive behavioral patterns and to help them develop a measure of empathy. This approach differs from the more traditional method of addressing domestic violence, which consists of advocacy groups working directly and exclusively with victims, typically women and children, to ensure their safety and access to necessary resources.

Among other issues associated with batterers intervention programs, LaViolette's lecture will address the difference between the two approaches and speak to the importance of a comprehensive effort that brings professionals together on the problem of intimate partner abuse.

"I'm a victim advocate and a batterers intervention person," LaViolette says. "Batterer interventionists have always fought the battle of not being recognized as an important part of the field, even though people in this field care very much about battered women. That's where they're coming from in doing this work. But they're always fighting for a place, like a stepchild that's not cared about, and I think you lose so much by looking at it that way. We need to work cooperatively."

In the South Bay, there are far more victims advocate groups than there are batterers intervention programs, partly because the state, which regulates and certifies such programs, limits the number in a given geographical area.

January Wiggins, a state-certified batterers facilitator, is program director for the domestic violence treatment program at the South Bay chapter of the National Council on Alcoholism and Drug Dependence.

Every week, Wiggins works

ABUSE/B4



Hawaii Tropical Botanical Garden has a three-tiered waterfall and about 2,000 species of tropical plants.

## In Hawaii, our hearts must be quiet to hear 'music amongst the trees'

**F**or gardeners, one of the best things about traveling is discovering new and exotic plants and environments growing them back home. For this, the big island of Hawaii is Eden.

My husband and I returned Monday from a week's whirlwind trip to Kona, where we rented a condo with another couple on the ocean about a mile south of Kona village.

It was truly beautiful, but for us, the real Hawaiian high was across the island on the eastern, "rainy" side near Hilo. Here we visited the famous Hilo Tropical Botanical Garden and spent the night at the Falls at Reed's Island, in a contemporary, three-bedroom home surrounded by views of a 24-acre rain forest overlooking the Waialeale River. It was the closest thing to Shangri-La on the planet.

Meredith Grenier  
GARDENING



Hilo, about 91 miles from Kona, is a step back in time to Old Hawaii, with its charming historically preserved buildings and an abundance of aloha spirit.

As the poet Minnie Aumonier said: "There is always music amongst the trees in the garden, but our hearts must be very quiet to hear it." In Hilo, one's heart not only hears, it also sings.

Want to go?

Hawaii Tropical Botanical Garden is at 27-717 Old Mamalahoa Highway, in Hilo. Hawaii. For information, call 808-964-5233 or go to [www.hawaiigarden.com](http://www.hawaiigarden.com).

The botanical garden is 8 1/2 miles north of Hilo on the scenic Onomea Bay, on the lush Hamakua Coast. The bay is accurately named since in Hawaiian, onomea means "the best place."

In this garden rainforest oasis, visitors can walk through a 17-acre parcel filled with more than 2,000 species of tropical plants,

GARDENING/B4