

Nicole Kidman busy keeping journals

offBeat column by Philip Potempa

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Write this down

Publicist **Daniel Decker** contacted me this week about what he says is the latest in writing waves.

It's keeping a journal, which really is nothing new. It's been a popular trend for centuries. **Oprah Winfrey** gave it a push in 1995, and I know **Jeni Bell**, of Valparaiso, who serves as Porter hospital's public relations director even appeared on O's show as a devotee of keeping a journal, along with other guests such as **Helen Hunt** and **Carol Burnett**.

Now, there's a new book, inspired by celebs, to help novices make the most of their journal entries. Decker's client **Sandy Grason** is author of "Journalution" (2005, New World, \$14.95), which shares tips from Grason's 15 years of keeping a journal.

"Have I ever kept a journal? Yes, still do. Writing is a therapy," says **Nicole Kidman**, according to Grason. **Renee Zellweger**, **Richard Branson** and **Alicia Keyes** are other journaling fans.

Wouldn't it be particularly fun to take a peek in Kidman's journal?

Cause for celebration

Last Friday's annual Northern Indiana Arts Association Beaux Arts Ball in Munster was the best attended since the event began more than a decade ago. A custom-made bench constructed entirely of balls and baseball bats by former White Sox **Ron Kittle** fetched over \$2,000 during the live auction portion. NIAA Director **John Cain** poked fun at some of the silent auction items, in particular, a gift certificate for a free vasectomy procedure.

Opinions expressed are solely those of the writer. Reach him at ppotempa@nwitimes.com or 219.852.4327.

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celebBirthdays

Actor Gene Wilder is 72. Actor Chad Everett and comedian Johnny Brown ("Laugh-In") are 68. Author Christina Crawford ("Mommie Dearest") is 66. Singer Joey Dee is 65. Actress Adrienne Barbeau ("Maude") is 60. Drummer Frank Beard of ZZ Top and actor-stuntman George Willig are 56. Singer Donnie Van Zant of .38 Special is 53. Actor Peter Bergman ("The Young and the Restless") is 52. Football great Joe Montana is 49. Bassist Smilin' Jay McDowell of BR5-49 is 36. Bassist Dan Lavery of Tonic is 36. Bassist Tai Anderson of Third Day is 29. Actor Joshua Jackson ("Dawson's Creek") is 27.



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