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ARTS & ENTERTAINMENT FACES ON TV

Norville focuses on what works

The host of 'Inside Edition' is back in town to help honor the state's best educators.



***Inside Edition* host Deborah Norville will host Macy's Teacher of the Year award event for the 4th time.**

Hal Boedeker | Sentinel Television Critic

Deborah Norville describes hosting Macy's Teacher of the Year Award as "so cool." The anchor of *Inside Edition* prizes the event for accentuating the positive.

"This is what we do in the news business: We report on what doesn't work," she says. "It's never news if it works. These are teachers who are doing it right. These teachers are coming up with innovative ideas and making superstars of their students."

She will host the event, which reveals Florida's top educator, at 6:30 tonight at Hard Rock Live.

This is Norville's fourth time emceeding the event. The teachers keep pulling her back. "You feel so gratified that there are these wonderful people," she says.

Gratitude is a driving force for Norville, 48. She has written *Thank You Power: The Science of Gratitude*, a book to be released in October.

"My life goes better when I focus on things that are working," Norville says. "I was trying to find an answer: Are there meaningful benefits to counting your blessings, and if so, what are they? The answer is, for sure."

She found studies that grateful people are healthier, more active and suffer fewer headaches. She advocates practicing thank-you power by jotting down blessings.

"It's a way to refocus your life," she says. "For some people, it's difficult to not focus on what's wrong."

Norville says she is grateful to have been with *Inside Edition* more than 12 years. However, she isn't interested in every story, citing Paris Hilton as an example. (The syndicated program airs at 4:30 p.m. weekdays on WKMG-Channel 6.) Norville is also thankful for 30 years in broadcasting.

"I probably shouldn't admit it," she says. "They tried to kick me out once. A lot of people could say, 'She got lucky and wound up on *Today*.' Then I got rode out of town on a rail."

She replaced Jane Pauley on *Today* in 1990, and the critics' reviews and public's reaction were withering. Yet Norville found a silver lining in that challenging time.

"During that debacle, as awful as the press was, I won an Emmy," Norville says. "They give Emmys to people who do outstanding work." (She won for covering the democratic uprising in Romania.)

Her statuette sits on her bar at home, next to the vodka. Katie Couric, who replaced Norville at Today in 1991, now is suffering through rocky times as anchor of the CBS Evening News.

"In the same way I got through my rough spot, I'd like to think Katie can look at the blessings in her life and take strength from them," Norville says. "She's not asking for my advice, but I'd say find the bright spot in that newsroom or on that set. Take comfort, solace from that."

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