



Sumi-e, the Japanese brush work taught by Mary Bowman, will be part of a new workshop called "Yogasumi" that joins the meditative art of creativity with the meditative art of yoga's body awareness for the first time, Aug. 13-14.

'Yogasumi' combines 2 meditation arts

"Yogasumi," a two-day workshop that combines the disciplines of body strength and awareness with the Oriental art of brush painting, is offered Saturday and Sunday, Aug. 13-14, in Lathrup Village Municipal Building, 27400 Southfield Road.

Professional instruction in hatha yoga comes from Ann Petty and instruction in sumi-e, the Zen painting which originated in Japan, is given by Mary Bowman.

Bowman describes the workshop as a "creativity, body strength and awareness high."

No previous experience is needed in either discipline. Participants are asked to wear comfortable exercise clothing and to bring a brown bag lunch for Saturday's session. Mats for the exercise sessions and painting brushes are also on the checklist, but will be available for purchase for those who don't have their own.

"We feel we have something new to offer," Bowman said. "This is an added dimension in the creative process linking it with body work. From the meditation in the yoga discipline we go right into the meditation for the Zen painting, combining some of the wisdom from the ancient arts."

PETTY is a Detroit resident who has given hatha yoga classes throughout the metropolitan area. In the northwest suburbs she offers sessions in Northwest Unitarian Church in Southfield.

Bowman, a Farmington Hills resident, was the first to bring sumi-e instructions to local residents and since has taught the art throughout Michigan. Along with giving classes and

workshops in Japanese brush painting, she has taught the art of Zen flower arranging and invited guests to participate in the ritual of the Japanese tea ceremony.

"Sumi-e is the simplest and most effective method of painting," Bowman says.

"The ability of the artist is disclosed most clearly in sumi; accuracy, observation of forms, resilience, even the magnitude, force and freedom of a mind are all revealed in the lines, forms, and manner of the brushwork."

She adds, "The real secret of the art is always a beginner."

Bowman is getting ready now for fall classes, workshops and tea ceremonies that will be given in Birmingham, Grosse Pointe and Farmington Community Center.

She is also preparing for a major one-woman show of sumi-e that will run the first two weeks in November, sponsored by Southfield's Cultural Arts Division.

Participants may sign up for Saturday's workshop, from 10 a.m. to 5 p.m. for \$22, or Sunday's workshop from 1-5 p.m. for \$12. Cost for both days will be \$30.

Registrations are accepted by sending a check made out to Ann Petty, and mailed to Petty, 18149 Ashton Road, Detroit 48219.

Beauty is her business

Kitty Wagner, who long ago established herself as an international skin care authority, is now celebrating the 10th anniversary of Kitty Wagner Facial Salons.

Spreading from Grosse Pointe, her salons in this area are in Hunters Square and 12 Oaks Mall. Wagner dispenses state-of-the-art services, combined with her experience and a total beauty care concept.

"We can't do miracles, but our techniques can prevent problems before they start. And they do a great deal to reverse those that have already started," she states.

The "we" she speaks of includes her daughter, Suzette Wagner, who joined her mother in 1977 in the business. "Beauty is every woman's dream," Kitty Wagner says. "It's my business, and my life's work to make it every woman's right."

Acutely aware of the need for skin care education, she takes time out to lecture frequently to groups throughout the metro area. She is a frequent lecturer in Mt. Carmel Hospital's burn center.

KITTY WAGNER is a graduate of Budapest's Royal Academy of Beauty

and has both studied and worked in Vienna, Zurich and Paris.

She established the facial salons in the 1950's with her late husband, Joseph, and has since been called upon by publications such as Vogue, Town and Country and Women's Wear Daily for her expertise.

Her professional associations include The Fashion Group, a national organization for fashion-oriented professionals, and CIDESCO, an international group for facial specialists.

Suzette Wagner is a graduate of London Institute of Beauty Culture and Dr. Payot's Institute of Paris. She is also affiliated with The Fashion Group, CIDESCO and The Confederation of Beauty Therapy and Cosmetology, in London.

Summertime is a busy time for the mother and daughter team and their cadre of experts in the salons. They "put life back into scorched skin," in Kitty Wagner's words.

"EVERYONE wants that healthy, tan look," Suzette Wagner says, "but it's not necessary to damage your skin in the process."

The Wagners suggest a carefully chosen sunblock or sunscreen on the face, with tinted moisturizers to achieve a tan look.

From the neck down they recommend regular cleansing, conditioning and moisturizing as well as budgeting



Kitty and Suzette Wagner

time in the sun and avoiding the sun altogether in its peak hours.

Both mother and daughter agree that a daily skin-care routine, with good protection from the sun, will keep skin looking younger longer.

And they are both adamant that a well-thought-out program can even save skin that has already been damaged.

"Beauty can't be bottled and worn like perfume," Kitty Wagner says. "But it can, slowly, be brought out. It is never too early or too late to start."

The Wagners will be in their Detroit area salons all through August to talk about summer skin care for all generations, warm weather make-up application and how to be beautiful on a budget.

Red Cross gives tips to cope with the heat

The dog days of summer should be called the most dangerous time of the year, said Kevin Killen, director of Safety Services of the Southeastern Michigan Chapter, American Red Cross.

"Torrid temperatures can affect the body in various ways," he explained, "and the manifestations include heatstroke, heat cramps and heat exhaustion." Killen passes out the following tips from Red Cross for handling such emergencies:

HEATSTROKE: This condition, which is a breakdown of the body's ability to perspire, can be fatal and medical attention should be sought as soon as possible. A heatstroke victim has an extremely high body temperature; a rapid and strong pulse; red, hot, dry skin. The person may be unconscious.

The first step is to take measures to cool the body. Undress the victim and sponge off the skin with wet, cool towels and misted with water or rubbing alcohol.

The victim can be placed in a tub of cool water until the body temperature is lowered sufficiently. Use a fan or air conditioner to maintain the cool body temperature. Be sure not to give the victim stimulants. The cooling procedure may have to be repeated. It is vital that the victim receive medical care.

HEAT CRAMPS: This condition is characterized by muscular pains and

cramps, an early sign of heat exhaustion. Leg and abdominal muscles are likely to be affected first. Give the victim sips of water, half a glass every 15 minutes, over an hour's period. Exert pressure with your hands on the cramped muscles or gently massage. Use warmth (heating pad or hot water) to relieve the spasms.

HEAT EXHAUSTION: A condition characterized by fatigue, weakness and collapse. Heat exhaustion victims usually complain of great weakness, nausea, dizziness and perhaps cramps. The skin is pale, cool and clammy.

The victim should be placed in a shaded, cool place and provided sips of salt water. Clothing should be loosened and the victim placed in a prone position with the feet raised about a foot above the head.

To prevent heat exhaustion before it occurs, stay in the sunlight only for brief periods; avoid exertion; take frequent rest breaks; drink plenty of non-alcoholic beverages; and if without air conditioning, use a fan to circulate air. Open windows to promote circulation. Killen also recommends eating nutritious meals during warm weather to maintain strength and to see a doctor if you have special health problems or are on a special diet.

For more information or to register for a Red Cross first aid course, contact Safety Services at 494-2746. Advice on these conditions and others can be found in any Red Cross first aid textbook.

Tiny Towne is now taking enrollments

Tiny Towne Daycare, located in Farmington Hills Christian Center, 23233 Drake, is accepting applications

for fall enrollment. Daycare is available between 6:45 a.m. and 6 p.m. and has programs for

full-time or part-time entrants. Interested parents may tour the center by calling 478-1971 for an appointment.

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