

Suburban Life

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Back on the mat

No pain, no strain callanetics

By Susan Buck
staff writer

MAUREEN LOGAN LUDWIG knows the challenges of problem solving for those with physical restrictions. The mother of a fiercely independent son with spina bifida who is now an Oakland University student, has learned to adapt to physical restrictions. It's no surprise that Ludwig was attracted to the benefits of non-aerobic exercises. Callanetics Studios by Maureen recently opened in the Sugar Tree Square on Orchard Lake Road in West Bloomfield. The program is styled after best

selling home videos and books by Callan Pinckney, whose congenital back problems were aggravated by 11 years of backpacking throughout Europe. Doctors offered Pinckney no hope. To combat her back and knee pain, Pinckney relied on her ballet training to design a series of concentrated, "non-impact" exercises. THE ONE-HOUR program isolates each muscle with small, precise movements to strengthen and tone muscles, according to Ludwig, a 20-year Farmington resident. She's the only certified Callanetics instructor in Michigan as well as the Midwest, she said. "More than 10 million Americans suffer from work-impaired back

pain each year," Ludwig said. "The aging of America's population has created a need for fitness programs which are safe and effective for older people. Since the exercises are non-impact, the Callanetics program isn't harmful to the joints. And since it's non-aerobic, no strain is placed on the cardiovascular system." Ludwig calls the exercises "non-impact," so they aren't hard on the joints. No more than 10 people are allowed in a class. "I have a herniated disc in the neck and back from previous exercise classes," Rita Salama, of Farmington Hills, said.

FOR THIS REASON Salama finds

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Barbara Krasman, one of only 10 participants in a class, shows callanetics are uplifting, to say the least.



Maureen Logan Ludwig hangs out (or on) with Luba Grundy of West Bloomfield.

Small student takes big steps toward life goals

By Sue Buck
staff writer

BETHANY BROADWELL entered Oakland University Sept. 4 by beating the odds with a healthy dose of self-confidence. A recent Farmington Harrison High graduate, Broadwell, 18, was

perhaps the school's smallest student, about three feet tall. But her towering achievements left many in the shadows on the sideline. Broadwell shared the limelight last June with co-valedictorian Jill Murray at graduation exercises at Cobo Center. "I received nothing less than an A minus," Broadwell said quietly in

talking about her high school days. "It involved doing a lot of homework and a lot of effort. The staff was helpful and supportive." Broadwell, who inherited a spinal-muscular atrophy, has never been able to walk. She weighs only 32 pounds. Her achievements caught the eye of Bruce Carr, a history, government and economics teacher at Detroit's Mackenzie High school. Carr's son, Dan, was also in the same Harrison graduating class.

BRUCE CARR was so impressed that he carried Broadwell's story to the media.

"Being the father of another 1991 Harrison graduate, I became aware of Bethany's uniqueness by attending the academic awards program that the school traditionally gives for the graduates and their parents," Carr said.

"Again and again, Bethany drove her motorized wheelchair up to the podium to get an award. The pinnacle was her recognition for being co-valedictorian."

Broadwell said she earned departmental awards in both English and Spanish.

She's set her college goals high. She either wants to be a writer or a Spanish translator. At Oakland University, she's taking Introduction to Latin America and Rhetoric classes.

Carr got a chance to chat with Broadwell personally about her interests in writing and computers when he assisted at Harrison's High's all-night party.

"Writing for the Aquilla, the student literary magazine, was a special pleasure (for her)," Carr said.

IN SPEAKING to Clayton Graham, Harrison principal, Carr learned that Broadwell had been featured in school publications, had some of her writing contest entries published in the dailies, and was featured in an Oakland Community College, Orchard Ridge Campus publication.

Later that day, Carr told Bethany's story to one of his failing seniors, absent 43 days, who came in and asked him, "Is there anything you can do to pass me?"

"You would have to convince me



In a lull between classes at Oakland University, Bethany Broadwell hits the books in the library.

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