



A real find: Lisa Tille (left), president of the Birmingham Junior League, and Jean Dooley are surrounded by clothes for sale at the Bargain Box thrift shop.

STAFF PHOTOS BY STEPHEN CANTRELL

Bargain from page 1H

Longtime customers

Some families have been coming in for years. "We've seen three generations shopping. You do see a whole family grow up," Dooley said. The Bargain Box started out in a house on Oak.

When Dooley became manager, the shop was at 465 S. Woodward, in a building shared with the bus depot. The Junior League bought the present building in 1975.

To date, the Bargain Box has earned more than \$1 million, which goes toward community projects the league funds.

The Bargain Box is open 12:30-5 p.m. Mondays, 10 a.m. to 5 p.m. Tuesdays-Fridays and 10 a.m. to 3 p.m. Saturdays. For more information call the shop at 646-2613.



It's worthwhile: Proceeds from the Bargain Box at 123 W. Brown support Birmingham Junior League projects.

3 area residents receive honors

Two Bloomfield Hills residents have been honored with 1992 Michigan Women's Hall of Fame Awards. A Troy man received the Phil Hart Award.

The local hall of famers are Mary Lou Butcher, public relations executive and journalist who successfully initiated a class action suit against the Detroit News for discrimination against women, and Martha S. Seger, the first woman named governor of the Federal Reserve Board.

Terence Adderley, CEO of Kelly Services in Troy, received the Philip A. Hart Award, given to a man who has made significant contributions to the opportunities, rights and advancements of

women.

A third recipient of the contemporary hall of fame awards was the Rev. Charlezetta (Mother) Waddles of Detroit, founder of the Perpetual Mission, which ministers to the homeless and needy. Awards were presented at a recent Honorees Reception at the Novi Hilton Hotel.

Butcher is president of Casey Butcher Ventures, a management consulting and communications firm. She also teaches an advanced public relations course at the University of Michigan in Ann Arbor. She is one of 60 outstanding women journalists selected to participate in the Oral History Project of the Washing-

ton Press Club.

Seger, an economist and banking executive, became the first woman appointed to a full term on the Federal Reserve Board in 1984. As a senior member of the Board of Governors of the Federal Reserve System, the nation's central bank, she is directly involved in the formulation and implementation of monetary policy. In addition, she currently fills the Federal Reserve's seat on the National Women's Business Council.

Terence Adderley is president and CEO of Kelly Services, the nation's largest staffing support company, which provides the services of 550,000 employees through a worldwide network.

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there and make sure it's being done properly," she said. "They guide you if you start to slow down. They try to achieve a steady pace."

Greenberg has always found it difficult to follow a weight loss program. By adding workouts, "Since last January I lost 11 pounds. In the last month or so, inches started to come off."

Greenberg's trainer, Paula Ceteau of Farmington Hills, is a co-owner of Exclusive Fitness. Ceteau said the studio's clientele ranges from teenagers to people in their 60s. Included are women in their 30s — among them pregnant women and post-pregnant women — and men and women in their 40s and 50s.

"There's a lot of women that are going into the gyms recently," she said. Women in their 30s and 40s who are just starting to work out. They don't want to injure themselves."

Ceteau said many people are more motivated by working with a trainer, and also that it's a time saver. People can make appointments and don't have to wait for machines.

Peter Nielsen of Farmington Hills, who has three personal training studios in the area, is opening another Eye of the Tiger on Sunday, Nov. 15, in the Crosswinds Mall in West Bloomfield. Among clients who will work out at the new location is Tara Terrell of Birmingham, whom doctors



DAN DEAN/STAFF PHOTOGRAPHER

have said has lupus.

She worked with a trainer in New York before moving to Birmingham a year and a half ago, when she began with Nielsen. Winner of the "Mr. America" title last June, Nielsen also does nutritional counseling and is the au-

Working it out: Paula Ceteau helps Paula Greenberg do sit-ups.

thor of the newly published book

"Will of Iron."
"I have severe arthritis in my hips and knees," Terrell said. "We decided I could rehabilitate the joints. We feel we're doing something pretty innovative. Now I'm getting stronger."

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