

Protection from page C1

powerful destabilizing shock wave to any part of the attacker's physiology instantly ending any violence.

"We developed the program from DOK Lee's knowledge of the most important parts of it are from Ancient Egypt," Weingarden said. "We tried to check it out and found these tactics are 6000 years old."

Learning the Crossover form of defense is quite a leap for some people because most defense courses have a martial arts flavor to them but this one does not.

"This program is about natural movements and physics," Vogel said. "It's not difficult to learn and success isn't based on hours and hours of practice."

In fact the tactics taught in the self-defense course are ones that can be employed right off once the basic technique has been learned, according to Vogel.

"The advantage with this is that it can be learned fairly quickly and within six lessons you've got it down," Weingarden said.

"It's like riding a bike, once you get it it sticks," Vogel added.

While Crossover plans to offer courses to everybody, their initial marketing will be targeted to women. The decision to focus initial classes on females was based on the startling crime statistics noting women as victims.

"Women are told it's almost OK to be a victim because you don't have the size, the strength

and the physical ability to fight off the attacker," Vogel said.

"They're told there's nothing they can do to prevent it but we have something that can. Size doesn't matter. The attacker can be 100 pounds heavier it doesn't matter. And that's the tremendous benefit of this."

The women's personal defense program was designed following two and a half years of research conducted by the Crossover partners.

In one instance they took eight to 10 women and studied their physical abilities and strengths before working out a good course curriculum.

A trial class that included men and women between the ages of 30 and 70 proved beneficial.

Vogel said the women weren't comfortable learning along side the men but when the groups were separated the ladies took to the course right away.

"One elderly woman just loved the course and was able to subdue her son-in-law without a problem."

"He had a black belt in karate too," Vogel said. "And I'll tell you DOK Lee has an 87-year-old mother who took the course and I wouldn't want to meet up with her even if I had a machine gun."

Vogel and Weingarden spent two years training with Doc Lee and both plan to teach the course.

"Overall this is an intelligent form of self-defense," said Vogel. "It's using the principals of

physics with the potential energy all of us have within us," Weingarden added.

"What we do is teach students to convert that potential energy into connective energy. The approach to defending yourself is totally natural and relaxed. If you hit a wall with a clenched fist you're only going to hurt your hand, Vogel said.

"A soft relaxed hand against the attackers body part sends them a shock wave and you can escape," he added. "And so our secret is that there is no secret this is all natural movements."

Crossover plans to design special programs for specific groups such as airline employees, hospital workers and corporations.

"The program we have developed

for the airlines is one that works in confined spaces," Vogel said.

"It would show them how to restrain an irate passenger and get them to sit down very quickly," Weingarden added.

"The company will also offer courses for children that will center on awareness and teaching kids how to break free of holds and escape."

"This program really gives people self-confidence so they can protect themselves," Weingarden said.

A six session two-hour course at Crossover costs \$499. The company is fully licensed and insured and class sizes and schedules are flexible.

For more information call (248)584-2615.

Mittra from page C1

(just to be different) and completed your 10th year on April 1, 1995. You might be curious to see how you might have fared over this 10-year period.

Table 3 is most revealing, since it clearly demonstrates the power of AWAIT as a dynamic tool. It reveals that if on April 1, 1985 you had put \$100,000 in S&P 500 and another \$100,000 in AWAIT, 10 years later you would have realized significant growth in both cases (\$276,739 vs. \$228,658), assuming that the participation rate remained at 80 percent, with a 14 percent cap.

And yet, during this entire period, by putting your money in AWAIT, you assumed no downside market risk - an incredible achievement by any standards. In addition, all of your capital gains in AWAIT were tax-deferred, which would not be the case if you invested in a S&P 500 index fund.

| Year (1) | S&P 500 Assumed Return (2) | VALUE OF S&P 500 Portfolio End of Year | Value of AWAIT End of Year (5) |
|----------|----------------------------|--|--------------------------------|
| 1997 | +20% | \$120,000 | \$114,000 |
| 1998 | -10% | \$108,000 | \$114,000 |
| 1999 | +2% | \$110,160 | \$115,824 |
| 2000 | 0% | 110,160 | \$115,824 |
| 2001 | +35% | 148,716 | \$132,039 |
| 2002 | -19% | 120,460 | \$132,039 |
| 2003 | +5% | 126,483 | \$137,321 |

| Year (April 1) (1) | Increase in S&P 500 (2) | Increase in AWAIT 80% of Cost 2 Mar 14% Max 0% (3) | Value of Portfolio | |
|--------------------|-------------------------|--|--------------------|--------------|
| | | | In S&P 500 (4) | In AWAIT (5) |
| 1985 | | | \$100,000 | \$100,000 |
| 1986 | 29.7% | 14.00% | 129,700 | 114,000 |
| 1987 | 24.3 | 14.00 | 161,217 | 129,960 |
| 1988 | -12.4 | 0.00 | 141,226 | 129,960 |
| 1989 | 15.7 | 12.56 | 163,399 | 146,283 |
| 1990 | 14.3 | 11.44 | 186,763 | 163,018 |
| 1991 | 9.6 | 7.68 | 204,694 | 175,538 |
| 1992 | 8.9 | 7.12 | 222,912 | 188,036 |
| 1993 | 11.4 | 9.12 | 248,324 | 205,185 |
| 1994 | -2.5 | 0.00 | 242,116 | 205,185 |
| 1995 | 14.3 | 11.44 | 276,739 | 228,658 |

LifeLine
THROUGH HEALTH CARE CONNECTION

Interested in Healthy Living?

Keep you up-to-date on the latest health & fitness developments.

SO IN EVERY ISSUE:

- Health Matters • Body
- Eating Well • Child Care
- Health Wise

For more information on LifeLine call (248) 268-2500

Dr. Subscriber: Name: _____ Address: _____ City: _____ State: _____ Zip: _____

Make check payable to: Observer & Eccentric Newspapers. Send under form and payment to Specialty Communications, 12411 Schoolcraft Road, Livonia, MI 48150

ITT from page C1

Mitchell of Rochester, Joseph Montano of Troy, James Ostermiller of Waterford and Joerg Scheibel of Auburn Hills.

The award recipients were

saluted for their contributions to 42 U.S. patents issued to the company in 1996.

The intensifying level of technological innovation in the com-

pany is corroborated by the growing number of patents and inventions issued with each passing year, Macher said at the ceremony.

byte this.

It's hard to grab attention these days. We hope we have yours for the time it takes you to read this, because we have something so new, so cool that you will want to use it whenever you need to sell something. It's called **AD VILLAGE** and it's the first place you can place an ad on the World Wide Web. It's affordable, too. In fact it's what some might call "cheap". So you don't have to spend a lot to sell the thing, or things, you want to sell.

Think of it. **Millions of Web surfers out there reading your ad.**

Buying your stuff. Sound cool? Call us:

1-800-579-SELL

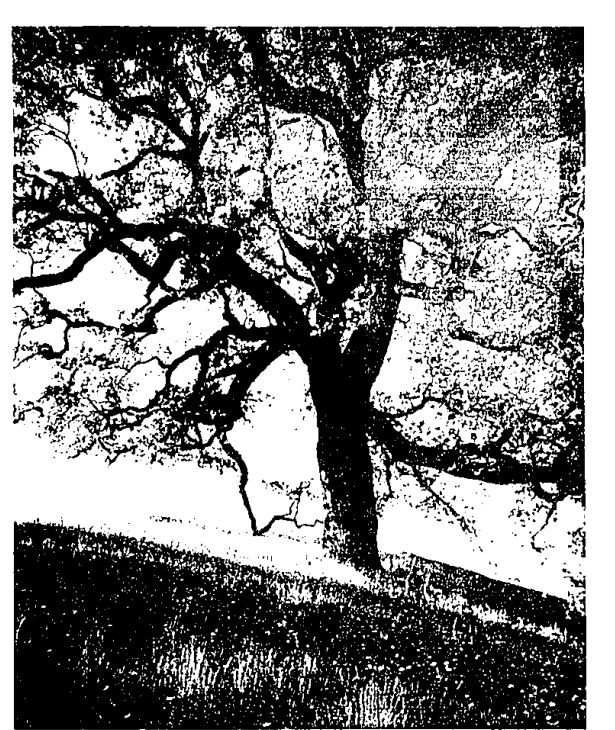
Or e-mail your ad to welcome@advillage.com

Or FAX your ad to **313-953-2232**.

It's your call.



Visit the Village at <http://www.advillage.com>



You're thinking...

- Do deciduous trees have the best bark?
- Can a bird's nest be considered a treehouse?
- Whose network of hospitals just branched out again?

At HAP, we've added Beaumont hospitals to our Oakland County network. This builds on our already extensive list of providers including Henry Ford Medical Centers, Providence Hospital and Medical Centers, Botsford General Hospital, Crittenton Hospital, St. Joseph Mercy Hospital - Oakland, and Pontiac Osteopathic Hospital. And with Beaumont's reputation for quality health care, HAP now offers more outstanding coverage. We're growing to meet the needs of your family. After all, you shouldn't have to spend a lot of time thinking about health care. That's what we do. For more information, call us at 313-872-8100.

www.hapcorp.org

