

Local musician is goodwill ambassador for hair growth product

Marq Speck of Farmington Hills is an ambassador for hair growth.

The professional musician began using Rogaine in 1993 when he noticed his hair was thinning.

"I think the fact that as a professional entertainer and actor, I'm concerned about my appearance, and that led me to take action," said Speck, 44. "The turning point for me was when my hairstylist could no longer

style my thinning hair the way I wanted."

Rogaine was introduced by Pharmacia & Upjohn in 1988, the first product medically proven to regrow hair. More than 5 million men and women

have used Rogaine to combat baldness. The product is now available over the counter.

Six to eight months after beginning treatment, then available by prescription only, Speck and his hairstylist noticed change. His hair was definitely fuller.

Speck became an ambassador for the company last March after he was selected from thousands of entries submitted from users all over the country. One hundred people who submitted poignant stories about their hair loss experience were selected to be goodwill ambassadors.

Speck and his wife, Jan, were flown to New York City last May by the company.

"I don't have any pictures of what I looked like losing my hair. I didn't save them. But some of the others that I met in New York, it was just amazing, from cue ball to head of hair. Seriously," he said.

Speck is keyboardist and singer for the Sweet Crystal Band, which has opened for Bob Seger "and dinosaur rock bands of the 1980s."

He owns a recording studio in Detroit and has a new compact disc coming out this year.

"Physically, I've had no bad side effects. My blood pressure has been monitored carefully.

It's not high. I've had nothing adverse happen to me as a result of taking Rogaine."

Speck has reduced his dosage. He says the same size bottle that he used to empty in a month now takes two months to finish.

Speck says since his success, his hairstylist, guitarist in his band, and other friends have begun using the drug.

Hereditarily accounts for 95 percent of noticeable hair loss in both men and women.

Forty million men and twenty million women in the U.S. suffer from hair loss.

Over the Grand River and through the Novi woods to Grandmother's house we go. The horse knows the way to carry the sleigh...



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Healthy tips offered

On top of making healthy substitutions in your cooking, and practicing moderation at the buffet line, Weight Watchers suggests physical activity to keep you in shape during the holiday season.

Suggestions include planning a few family activities such as a brisk walk, ice skating, sledding or exercising together to a great music video.

The holidays seem to be centered around food. Make your company and conversation the center of attention instead of the cream cheese and cookies.

And for last minute shoppers, Weight Watchers offers a few heart healthy gift suggestions: workout membership, workout outfit, tuition for healthy eating program, coupon for personal training session, gift certificate for exercise shoes, collection of healthy recipes, cookie jar full of low fat cookies, fitness walking tape, holiday shaped pasta, sports equipment, skiing or skating lessons, subscription to fitness magazine, fruit of the month club membership, or massage or day of pampering at a spa.

Chat room from page B1

Even Santa's exposed as a big, fat red lie.

A couple stray winks and whistles to boot.

And he's now facing a sexual harassment suit.

His itinerary jumbled, his schedule trashed;

Santa's list completely ruined when his hard drive crashed.

New contract bids failed, the reindeer won't fly.

And Mrs. Claus has divorced him for a much richer guy.

While filling those stockings with treasures and candy,

Santa's cheeks have been rosy from nipping too much candy.

His reputation now tarnished as much as his suit;

It's dubbed "Santa-gate," and they've seized all his loot.

His alibi preposterous! Contentions absurd!

Animal rights activists have impounded his herd.

That pipe once so quaint; he so jolly and regal;

Experts now what to analyze the smoke he's inhaling.

Air traffic control securely on Santa's case

For unlicensed flying in restricted air space.

Overloaded with orders for

software and demos.

Last year he went bankrupt from Tickle-Me-Elmos.

This jolly elf in de-tox, his career now concluded;

Psychologists glad children won't be further deluded.

The giving spirit, lost in the seasonal haste,

The rushing and anxiety - a regrettable waste.

The packages, the wrapping, so festive and bright;

And the quest for the gift that makes everything right.

Consider all of the money that the sellers are making;

In the season of giving, just as many are taking.

Somewhere lost the shuffle is the concept of fun,

For so many this season there's too much to get done.

And for others, holidays denote family rifts,

When peace, hope, and love are immeasurable gifts.

We must slow this frenetic pace and the running

Though we need to get ready - Easter is coming!

Kathie O'Donohue is a mother of five children living in Farmington Hills.

Young author from page B1

about girls being involved in sports. The overall message is positive and supportive.

"We had to write 10 pages. So we wrote all about girls in sports and health."

Susan Hershfield of Flushing, who wrote about her experience surviving cancer, and Abigail Schmidt of Ypsilanti, giving tips on best friend projects, are the other two Michigan girls who contributed chapters to the book.

The chapters are written like newsworthy letters between friends - friendly, informative, insightful, and very intelligent. These young authors are going places.

Megan and Andrea have presided over book signings in Flint, Southfield and Rochester Hills. The signings have attracted mainly girls their age, who can relate to the material.

Megan's mom is understandably proud.

"She's a neat kid, a good student, curious, helpful, with a great sense of humor," said Gilmore-Myers.

"It's very different to see how women are today. I grew up with June Cleaver expectations. It's nice to see that not that many years later, girls can grow up to do everything."

The book has funny and serious chapters and an introduction by Olympic gold medal gymnast Kerri Strug. A chapter by 13- and 11-year-old sisters called "New Kid on the Block" offers advice on making friends at a new school.

In another chapter, a child of divorce writes from the heart about her experience.

Editor Michelle Roehm says "these girls are going to grow up expecting to be treated equally and expecting respect. And I think they'll get it."

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