## Women get a day of pampering at workshops

BY SUSAN STEINMUELLER STAYF WINTER

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"Whether they are a stay-athome mom or a business woman,
every woman deserves a day for
herself," soid Kerr, program codirector at The Community
House.

"This is more than just taking
15 minutes, it's taking half a
day. We tend to get in a rut, and
just attending a day like this can
be very nourishing. It's a way to
give a gift to yourself. You will
walk away feeling good on the
inside and outside."

The day begins with registration, a continental breakfast,
and a welcome with Lorraine

Participants will then be able to select three workshops from among several beginning at 9:30 a.m., 10:46 a.m. and noon.

The workshops are 9:30 -10:30 a.m.: "Thriving with Change in the New Millennium," "To Your Health, Yoga for Women," 10:45-11:46 a.m. "Smart Money Moves," "Yoga for Women," 10:45-11:46 a.m. "Smart Money Moves," "Yoga for Women," "Elemental Approach to Hair," "Art of Makeup; noon to 1 p.m. To Your Health, "Elemental Approach to Hair," "Art of Makeup."

Briles, an award-winning author of twenty books and

international motivational speaker, will speak at the 1:16 p.m. luncheon on "The Confidence Factor." She will share "the ten commandments of confidence," and give secrets and tips of the famous and not-so-famous. Hore's more about the classes:

"To Your Health: Lorraine Stefano will show how to develop a healthy eating and exercise plan.

"Yoga for Women: Pamela Spire Marcas, a certified instructor in Kripala and High Energy Yoga, will introduce a simple routine to use every day. Begin-

"Thriving with Change in the New Millennium:" Participants will learn how to identify the five stages of change and create an action plan to grow and thrive in this workshop presented by Briles.

"Smart Money Moves:" Briles will teach participants to know their money IQ, identify with financial fears, pay for college, select market advisors and retire in style.

"Elemental Appraach to Hair: Barsoum Bouchar, owner of Virtuoso, downtown Birmingham's newest salon, shares ideas for spring and summer hairstyles.

rut. This will be very nourishing."

Peggy Kerr

\*\*Art of Maksup:\* Keith Auslin Brown of Virtuoso, will share makeup tips and techniques. The fee is \$48. To register: Call The Community House, (248)644-5822. The Community House is at 380 South Bates Street.

Or register online at www.eregister.com/women

## Local actors star in 'The Skin of Our Teeth' at WSU

Several local actors will and a graduate of North Farmappear in the Wayne State University Bonatelle Theatre production of "The Skin of Our Tecth."

Kristi Sorkin of West Bloom field, daughter of Arlena and David Sorkin also of West Bloomfield, and a graduate of Rechester, son of Mary Lou Bothamly of Rochester And David Sorkin also of West Bloomfield, and a graduate of Rechester High School in Wilmington, Del., will be appearing as Mrs. Antrobus. Kristis fiances, Randy Barrett Topper of Farmington Hills, son of Nancy and Harry Topper Farmington Hills

clever excursion through time tracking the fantastic and inventive ways mankind has survived throughout the ages by the skin of our teeth. From the ice age to the industrial age, from the bingo parlor to beyond, "The Skin of Our Teeth" follows the wacky and creative anties of the Antrobus family as they battle endless natural and unnatural disasters, struggling towards perfection and immortality. Written in 1942, "The Skin of Our Teeth" is set up as an alle-

gorical fable taking the average suburban American family through the millennia. Utilizing excepts of the Bible and James Joyce's masterpiece "Finnigan's Wake," the play follows Adam Antrobus, his wife, and their children on their journey to uncover humankind's attributes and faults.

Narrated by seductive house-keeper Sabina, "The Skin of Our Teeth" makes use of the contemporary, the historical and the comically unusual to capture

both the tenacity and the vanity of the human spirit.

Dr. James Thomas, head of the Theatre Department Ph.D program at Wayne State University, will be directing the Pulitzer Prize-winning play "The Skin Our Teeth." Thomas holds a B.A. from St. Ambross College, and an M.A. from Villanova University and a Ph.D from the University of Texas, Austin. His Wayne State University directing credits include "A Christmas Carol" and "Ah Wilderness" at the Bon-

stelle Theatre and "Measure for Measure," "Beyond the Horizon," "Three Sisters," The Ludy's Not for Burning' and the award winning production of "The Heiress" at the Hilberry Theatre.

"The Skin of Our Teeth" opens Feb. 25 and plays the weekends of Feb. 26-27 and March 3-5. Show times are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Ticket prices are \$8 to \$10. Group rates are also available. Contact the Bonstelle box office at (313) 577-2960.

## Nardin Park will host youth services

"Light of Day" is the focus of the annual Youth Sunday ser-vices on Feb. 27 at 9:15 and 11 a.m. at Nardin Park United Methodist Church in Farming-ton Hills

a.m. at Nardin Park United
Methodist Church in Farmington Hills.
Developed and led entirely by
youth, these services will
include testimonies of young
people, alternated with meaningful and relevant scripture
readings. Also featured will be
the New Generation Choir, the
Youth Handbell Choir, and
flutrgical dancers.
Youth Director Christy Doer
notes that "Light of Day"
describes how Jegua is our guide
in life. She is "produ of what the
youth have put together, and
very excited about the service."
All are welcome to attend.
Rardin Park is located on
West 11 Mile Road, just west of
Middlebelt.
Narsory and childcare are

Nursery and childcare are available.



MR. ROOF

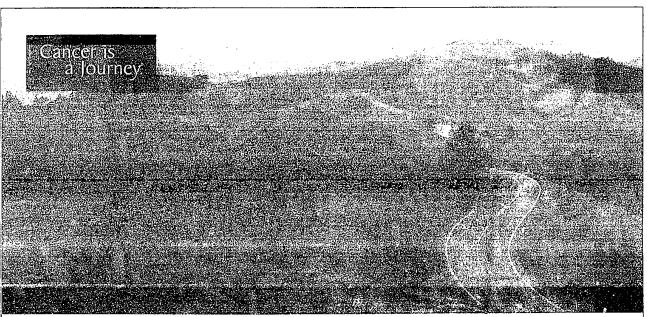
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