

Women get a day of pampering at workshops

BY SUSAN STEINMUELLER

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Peggy Kerr of The Community House in Birmingham says "Especially for You... A Day For Women" is a chance for women to treat themselves.

The 8:30 a.m. to 2:30 p.m. Saturday, Feb. 26, program offers a choice of classes ranging from new hairstyles to how to enjoy change, a luncheon, and a keynote talk on self confidence by Judith Briles of Colorado.

Kerr said the reason for the program is to give women time away from their daily stresses to

learn and enjoy something new.

"Whether they are a stay-at-home mom or a business woman, every woman deserves a day for herself," said Kerr, program coordinator 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

Stefano of Think Trim, in Troy.

Participants will then be able to select three workshops from among several beginning at 9:30 a.m., 10:45 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," 10:45-11:45 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 1:15 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.

Here'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 Marcus, a certified instructor in Kripalu and High Energy Yoga, will introduce a simple routine to use every day. Beginners are encouraged to attend.

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

■ "We tend to get in a rut. This will be very nourishing."

Peggy Kerr
—Community House

■ "Art of Makeup:" Keith Austin Brown of Virtuoso, will share makeup tips and techniques. The fee is \$48. To register: Call The Community House, (248)644-5932. The Community House is at 380 South Bates Street.

Or register online at www.register.com/women

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

Several local actors will appear in the Wayne State University Bonstelle Theatre production of "The Skin of Our Teeth."

Kristi Sorkin of West Bloomfield, daughter of Arlene and David Sorkin also of West Bloomfield, and a graduate of Concord High School in Wilmington, Del., will be appearing as Mrs. Antrobus. Kristi's fiancée, Randy Barrett, Topper of Farmington Hills, son of Nancy and Harry Topper Farmington Hills

and a graduate of North Farmington High School, will be playing Mr. Antrobus.

Also appearing in the production will be David Bothamly of Rochester, son of Mary Lou Bothamly of Rochester and a graduate of Rochester High School, who will be playing an announcer and broadcast official.

Opening at the Wayne State University Bonstelle Theatre on Feb. 25, "The Skin of Our Teeth," a Pulitzer Prize-winning play by Thornton Wilder, is a

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 antics 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 allegorical fable taking the average suburban American family through the millennia. Utilizing excerpts 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 housekeeper 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 of Our Teeth." Thomas holds a B.A. from St. Ambrose 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 Lady'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 services on Feb. 27 at 9:15 and 11 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 liturgical dances.

Youth Director Christy Doerr notes that "Light of Day" describes how Jesus is our guide in life. She is "proud of what the youth have put together, and very excited about the service."

All are welcome to attend. Nardin Park is located on West 11 Mile Road, just west of Middlebelt.

Nursery and childcare are available.

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