



**Simple movement:**  
Yoga instructor  
Pamela Alexander  
(foreground) of  
Simply Yoga in  
Farmington is  
more than willing  
to show potential  
clients what yoga  
is all about. Classes  
start May 1,  
with pre-registration  
already  
underway.

STAFF PHOTO BY ELIZABETH  
CARLISLE

## Simply yoga

Instructors will help students find their 'edge'

BY SUE BUCK  
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Pamela Alexander and Lyle Caillouette, partners in a new business called Simply Yoga at 33317 Grand River Ave. are eager to help new clients find their "edge."

"The word edge is used typically to describe that point in a posture where you are feeling challenged or sensation but not moving to a place of pain. It is here where the work is done," Alexander said. "Wherever your edge is, this is where you begin."

The words simple and yoga may sound like a contradiction, she added. "People unfamiliar with the practice are more likely to associate the words, pretzel, pain and 'not me' with the word. We are used to dispelling this

myth."

Everyone looks different when doing yoga and that OK, according to Alexander.

"Yoga is a discipline of self-exploration that strengthens the body and mind," she said. "It complements most sports in that it builds strength as well as flexibility to prevent injury. The breath is foremost in yoga as it calms and nourishes the body and helps to focus the mind. The breath is a reflection of your state of mind. If you are in a posture and your breath becomes short, erratic or held, that means you have gone past your edge. You have to move back until your breath becomes even again."

Classes begin May 1. Classical Hatha Yoga and Ashtanga Yoga which is a more advanced, vigorous yoga are

offered. There are nine instructors.

Both partners are registered yoga teachers through the National Yoga Alliance.

"Lyle is really compassionate with people who have never done this before," Alexander said.

Caillouette taught yoga for seven years, Alexander for 1 1/2 years. The two were attracted to the building, formerly occupied by Deb's Crafts, because of its downtown location.

She was delighted to find Living Health, a health food store, was located next door to her Grand River location. "The two kind of go hand in hand," Alexander said.

Snow Ko, who works for Living Health, volunteered recently for a mission lesson from Alexander. Impressed, she intends to come back for regular

lessons. "I'm usually cold all the time but doing this, I felt warm," she said.

Caillouette said yoga is something that works. "It helped me get rid of the 800 mg of Motrin which I was taking for headaches," he said.

Students can either pre-register classes or walk in. Call (248) 442-YOGA. Regular walk-in classes are \$10 and \$8 for seniors over 65, students and children under 15. Limited and unlimited class passes are available.

A Partner Yoga workshop will also be offered every couple of months for those who want to attend with a relative or friend.

"You assist them with their edge and then they assist you with your edge," Alexander explained. "It's a bonding. Yoga is a self-exploration and this is taking it a bit further."

## Steppingstone auction raises thousands

BY TIM SMITH  
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Going once, going twice, sold — an evening of fun and fund-raising for the Steppingstone school in Farmington Hills.

Dubbed "2001: Odyssey In Space," about 300 people dressed to the nines and enjoyed the eighth annual benefit auction on Saturday, April 7. As did the first seven, this year's event took place at St. Mary's Cultural Center in Livonia.

"Remember, all of your bidding and all of your donations go to help the students and go to help the future of Steppingstone school," reminded Steppingstone school board President Elizabeth Scheatle.

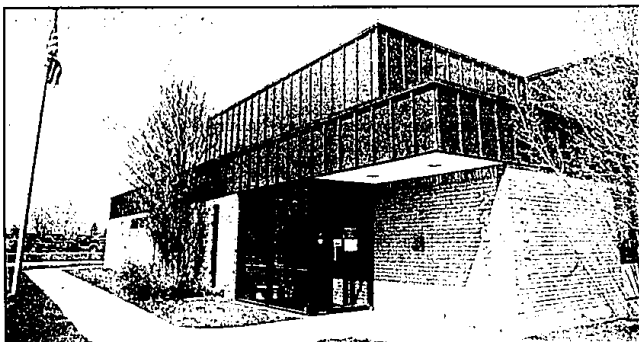
Guests saw table displays with the space theme. Balloons with stars on them were anchored by rocket-shaped paperweights. About \$15,000 of the money raised by the auctions will go for construction of an environmental pond.

Also scheduled to receive money from the auction are projects such as an expansion of the private school for gifted students in grades K-8. About 60 children from all over southeastern Michigan attend the Middlebelt Road facility.

"I hope it (auction) accomplishes allowing Steppingstone to continue to grow and expand," said board member Jim O'Brien. "... Families provide the tuition. But we need fund-raisers like this to provide the extra things for kids."

Among the many live auction items pitched for bids by auctioneer Timothy John Cousineau of Blue Star Auction, Co. was an array of baseball collectibles assembled by Scheatle, Phil McCann and Lee Nicholson, about the Billy Crystal-directed movie "61" — filmed last summer at Tiger Stadium. The HBO movie is scheduled to air on Saturday, April 28.

The item, featuring a baseball cap and baseball signed by Crystal, fetched \$500 for the cause. The winning bidder, also received a photo journal, lot pass signed by feature actor and a behind-the-scenes home video capturing filming of the movie.



**Up for sale:** The Southwest Oakland Cable Commission headquarters on Research Drive in Farmington Hills is up for sale. SWOCC will move into new digs at 9 Mile and Farmington Roads.

## Bids sought for SWOCC building

BY JONI HUBBARD  
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It doesn't take long to see why the Southwest Oakland Cable Commission has begun preparations to move from its existing building on Research Drive in Farmington Hills.

The entire building tour, in fact, takes just 10 minutes or so, allowing for time to glance into rooms so crowded they are difficult to navigate. Video operations manager Eric Angott's office doesn't really exist any more; a wall that enclosed it was taken out to create a larger space for additional staff.

"There's no room to put any equipment," he said. "And our ADA (Americans with Disabilities Act) standards aren't being met."

SWOCC serves the communities of Farmington, Farmington Hills and Novi. A new cable franchise agreement with Time Warner Cable has the local agency handling all public access programming, which has meant the transfer of equipment and sets to the Farmington Hills studios.

Angott said SWOCC also

offers training for anyone who wants to produce public access programming, which was formerly the responsibility of Time Warner. New shows also exacerbate the space crunch.

"We lose studio space every time a new set is brought in," Angott said.

What's more, SWOCC's conference room serves as the staff lunch room, and the rest rooms are located there as well. It's difficult, and occasionally embarrassing, to host a meeting in that room, Angott noted.

Director Caren Collins said on May 1, the commission will consider motions to renovate the new building. Architects will then begin to work on plans to convert the 10,000-square-foot commercial building at Nine Mile and Farmington Roads.

Meanwhile, the old Research Drive building is up for sale. It may be viewed by appointment, by calling Collins at 248-473-7268, Ext. 11. Sealed bids will be accepted on or before June 1, 2001 at 10 a.m., when they will be opened and read aloud, then referred to the commission.

Collins doesn't think the building will be a tough sell,

based on what the commission found in its search for new quarters.

"I think small office space in this area is in pretty high demand," she said.

## Writing contest gets underway

The fourth statewide writing contest sponsored by Mackinac Jano's Publishing Company is now under way.

No experience is necessary to enter the contest and the selections need not be about Michigan. Prior to Aug. 1, 2001, writers are invited to prepare a work of almost any kind — fiction, non-fiction or poetry.

To obtain submission details and entry forms for the contest, call 478-953-5995 or 908-647-3802, email [macjanee@juno.com](mailto:macjanee@juno.com), or visit the contest website, [www.voicesofmi.com](http://www.voicesofmi.com)

## Who's Really Making the Big Money on the Internet?

Hold onto your mouse: It's probably the kid who mows your lawn

13 Year Old Florida Boy Rakes in 1.5 Million in a Year

By Don Parnell

SEATTLE — Who wants to be a millionaire? You don't need Regis these days to rake in the big dollars. It seems that all that's required is a computer and a little know-how. Internet use is doubling every 100 days according to USA Today. That means that every three months, a whole new audience is discovering the amazing power of the Internet. This global marketplace has exploded into a \$3 trillion marketing phenomenon. But who, you may ask, is making all of the money? Big corporations? Internet gurus? Well, you'd be surprised.

When Matt King, Orlando, was 13 years old, his buddies were just discovering the profit potential of having a paper route. Matt saw a trend in the Apple Computer market and took advantage of it — on the Internet! According to the Orlando Sentinel, Matt did \$1.5 million worth of business his first year. His friends have quit their paper routes and now call Matt by another name: Boss.

Clearly the Internet is the future of commerce. The only question is: who will benefit the most? The answer is: YOU.

### You Can Do It, Too!

Global Web, a nationally recognized web-based business consulting firm, brings the power of the internet to people with no technical or web programming skills. If you can point, you can have a business on the Internet — today. Global Web is quickly becoming the industry leader in putting Jane and John Doe into a lucrative spot on the world wide web. This innovative company has just completed the launch of a web-based system which can take the most technically-challenged among us and enable them to profit online. How easy is this program? You may not believe it.

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There is still time for you to do the same thing. All you lack are the tools. Consider this: According to the latest research, there are currently over 130 million regular Internet users online. Of these web riders, over 70% of them earn \$50,000+ annually. That kind of buying power is already having a dramatic, global impact on traditional retail — sending the major retailers scrambling to the Internet in hopes of picking up what's left of their customer base.

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Global Web is offering a sneak peek at this revolutionary money creating system through a FREE 90-minute seminar taking place in cities across the country. At the seminar, Global Web will demonstrate how simple it can be for you to create a successful business online. You will learn how to create your internet business website and put it online, how to drive traffic to your site, how to set up a merchant account for accepting credit card information, and much more.

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- ◆ How to make money on the internet.
- ◆ How to create a website and put it online.
- ◆ How to drive traffic to your site.
- ◆ How to set up a merchant account for accepting credit cards over the Internet, and much more.

### What Will You Receive At This Free Seminar?

- ◆ FREE Internet Service for Life.
- ◆ Over 100 Software Tools.
- ◆ The Book: "Making Money With The Internet."

### Free Internet Service For Life?

Yes, we did say FREE Internet Service for life just for attending. There are no hidden costs — no monthly fees. If you attend this seminar, you are guaranteed to leave with every item listed above — and more.

### Where and When:

**THURSDAY, APRIL 26**  
Hilton Northfield Troy  
5500 Crooks Road  
Troy, MI  
Time: 7:00 p.m.

**FRIDAY, APRIL 27**  
Marriott Dearborn Inn  
20301 Oakwood Blvd.  
Dearborn, MI  
Time: 7:00 p.m.

Reserve Today.  
Seating is Limited.  
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