Namaste Yoga party planned Sunday

A summer party is scheduled for an area park Sunday where, if things go as planned, partici-pants will leave with enlight-ened hearts. The first Namaste Yoga Party in the Park is planned for noon-p.m. at the Robert E. Long Nature Reserve, min or shine.

The Reserve is on 14 Mile West of Haggerty. Sessions for all levels of

familiarity with Yoga are to be

held.
"Everyone is invited to attend," said Veronica Zador, a Registered Yoga Teacher who is owner of Namaste Yoga, which has a location on Haggerty at

A 76-year-old Farmington Hills man trying to log some exercise time last week nearly wound up running out of time instead as he collapsed from a

instead as he coinspect from a heart attack. Thankfully, a Farmington YMCA staffer used an automat-ic external defibrillator on the man and was able to restore a pulse by the time paramedies arrived five minutes later.

help with weight loss, relieve stress, help with concentration, and improve one's overall out-look. Some people also have negative thoughts about Yoga. She said she doesn't have any problem with these thoughts. "There's nothing wrong with pre-conceived notions," she said.

14 Mile in Farmington Hills.

Namaste is a Sanskrit greeting that is considered the high-est form of salutation. Yoga is the practice of training the consciousness to attain spiritual insight and tranquility.

Zador said not only is Robert E. Long a beautiful park good for Yoga practice, but this is an ideal time to rejoice. She, along with fellow instructors Michael Johnson and Kimberly Labut, Janned the event to celebrate the fact the Farmington Hills studio opened about a year ago.

This (party) is a thank you to the community for its support, she said. The last of cash are also also also decreased and the community for its support, she said. The said of cash and the said of the

casily accessible information about Yoga now - how it could

Kevin Bersche, Hills EMS coordinator, said that the fire department received the emer-gency call at 2:05 p.m. Thursday, Aug. 1 and arrived five minutes later.

Bersche said that at times,

even the quickest EMS response is not quick enough. If not treated in a certain amount of time, a stopped heart can lead to irreversible brain dam-

said. Said the role of Yoga is to serve what an individual seeks. Another role of the Yoga Party is to raise money for the Michigan Chapter of the Mational Multiple Selerosis Society located in Southfield. There is not an entry fee to the Party, but donations made will go to the MS Chapter. Namaste has had a long-standing relationship with the

age.
"The chances of survival decreases by 10 percent per minute. We may have been able to resuscitate him, or we may

to resuscitate him, or we may not have been able to."

not have been able to.
After arriving on the scene,
Hills paramedics transported
the man to Botsford Hospital.
He was recently moved from
the intensive care unit to a reg-

MS Chapter.
There is such a mutual attraction between us, Zado

said.
Connie Nesbery, MA LPC
LLP, manager of Clinical
Programs for the MS Chapter,
said Yoga is one of the physical
activities recommended for
people with MS because it
keeps people using their bodies
regardless of having the condition.

keeps people using their bodies, regardless of having the condi-tion.

The main thing is to keep muscle tone, Nesbery said.

A Drum Circle will perform during the event, also.

Zador said she would like the Yoga Party to become an annual event.

"It's a tremendous success

This a tremendous success story, Bersche said.

The YMCA is one of several Hills buildings to have AED units on site. The city purchased 10 devices for \$27,740 in June. The units have been placed in several city buildings, including the library, courthouse, city hall, police department, the Caustie Activities Center and the ice arena.





Descriptions by eyewitnesses gave police two very similar images of the sus-pect in this week's Standard Federal bank robbery.

ROBBED

FROM PAGE AT

beries, Dwyer added.
Police are zooming in on another piece of the man's attire, a microphone and ear-

That indicates that he has a

piece.

That indicates that he has a police scanner, so he's probably monitoring. Dwyer said.

Two recent Hills bank robberies on July 8 and July 29 were likely committed by another man, however, since the descriptions of the perpetrators do not match.

No one was injured during the Monday morning robbery. Here is an account of the robbery, according to police:

The male suspect approached the assistant manager, produced a silver handgun and announced the robbery. Here handed the assistant manager a large bag and ordered her to go the vault and put the money in the bag.

The suspect ordered two customers into the manager's office and ordered all employees, at gunpoint, into the vault as well. A customer, who witnessed the robbery, called police and gave a description of the suspect vehicle and the direction in which he fled.

The alleged perpetrator is described as a 5-foot-7-inch to 5-foot-9-inch tall black male of medium build, 25-35 years old.

medium build, 25-35 years old.

During the robbery, he wore blue coveralls, a white T-shirt, blue baseball cap and Oakley designer black-on-black sun-glasses. He carried a lawyerglasses. He carried a mwyer-style briefcase, which opened on the top. The suspect's vehi-cle was described as a newer model dark red Mercury Sable with a white license plate

Two recent Hills bank robberies on July 8 and July 29 were likely committed by another man, however, since the descriptions of the perpetrators do not match.

including the numbers 8 and 4, possibly preceded by the letters Qr O. A 54,000 reward is being offered for information leading to the arrest of the person responsible for this robbery. Anyone with information may contact the Farmington Hills Police Department's Command Center at (248)473-9695.

am#oe.homecomm.net } (749) 477-5450





CAMPUS PIPELINE

Alert Y staffer uses AED to save a life

Mlami Dean's
The following
Farmington/Farmington Hills
residents were named to the
Dean's List for the spring
semester at Miami University
of Ohio: Robert Louis Sparks
and Timothy Conrad Glass of
Farmington and Sara Ruth
Biederman, Kate Ritzabeth
Kriszek and Marie Elizabeth
Lents of Farmington Hills.
Northewstern Dean's
Andrea M. Baker of
Farmington Hills was named to
the Dean's List for the spring
quarter at Northwestern
University. Andrea is a 2001
graduate of Mercy High School.

Horthwood Grads
The following Farmington
Hills residents recently graduated from Northwood
University: Arthur
Carraminans, Jeffrey Gilhool,
James W. Jones, Bridgette L.
Miracle and Germaine M.
Thurmand.

Miracle and Germaine M.
Thurmand.
Harvard Grad
Nicole Marle Martin of
Farmington Hills graduated
summa cum laude June 6 from
Harvard College. Martin
attended North Farmington
High School and concentrated
in Biology.
Centre College Dean's
Rachel Bush of Farmington

Hills has been named to the combined winter/spring term dean's list at Centre College of

dean's list at Centre College of Kentucky.
Johns Hopkins Dean's Sumit Sharma of Farmington Hills was named to the Dean's List for the spring 2002 semester at The Johns Hopkins University.
University. Use Dean's Michelle Bonadeo of Farmington Hills was named to the Dean's honor list at the University of Detroit Mercy for the spring semester.
Kettering Dean's Dawn Bonadeo of Farmington Hills was named to

the Dean's honor list at
Kettering University for her
final term ending in June.
Coe-Cola Scholarship
Yekaterina Romashova, a
student at Oakland Community
College at Orchard Ridge in
Farmington Hills has been
awarded a \$1,000 scholarship
from the Coen-Cola Scholarsh
Foundation. Recipients of the
Coea-Cola Scholarship demonstrate academic success and
complete 100 hours of community service within the past 12
months.



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