

Botsford to host 'Mind-Body-Spirit' day

BY JONI HUBBARD
STAFF WRITER

Caroline Smith has been involved in alternative methods of healing for a long time. Her passion for it shows in "Mind-Body-Spirit Women's Festival and Spa Day," an event presented Sept. 21 by the Complementary Medicine Program at Botsford Center for Health Improvement in Novi. Held from 10 a.m. to 2 p.m., the event will include lectures and demonstrations in such diverse subjects as Power Yoga and hypno-birthing.

"We did this once before, but not exactly as a spa day, but as a way to introduce people to complementary medicine," Smith said of an event that was offered about a year ago. Even since then, the field has changed. Even prestigious Harvard University has begun treating alternative methods more as a part of medical treatment, rather than a separate element that has to be integrated into traditional therapies, Smith said.

"This is now being supported more and more by research," she added, noting the Journal of the American Medical Association devoted its 2000

edition to alternative medical therapies.

At the Sept. 21 event, women will have the opportunity to attend seven, half-hour seminars, beginning with a demonstration of Gentle and Power Yoga. Also on the agenda, a seminar on natural hormone replacement therapy addresses the topic of treatment for menopause, which has recently garnered a great deal of media attention.

Other topics include: Reiki, a healing touch technique for stress reduction and relaxation; herbal supplements; Inner Focus, a soul-directed advanced

energy healing technique; HypnoBirthing, which allows for a relaxing, stress-free birth experience; and aromatherapy, the controlled use of essential oils for physical and emotional health.

Additionally, 15-minute appointments will be scheduled during the seminar for chair massage, Reiki and Inner Focus treatments.

Information on weight loss programs and Feldenkrais, a very gentle form of exercise, will be offered. Smith said Feldenkrais can be beneficial to people who are finishing up long-term rehabilitation or are

coming back from an injury, or those who find muscle movement restricted because of stress.

"This helps you relax and teaches the body new ways of movement," Smith explained.

The target audience for this event is women, but age is not an issue. Anyone from 20 to 80 can benefit, she believes. "A lot of seniors are getting into complementary medicine."

Smith is a registered nurse at Botsford, where complementary medicine is in its infancy, starting appropriately enough with the obstetrics department and HypnoBirthing.

"People get the wrong idea about hypnosis," Smith explained. "It's really nothing more than a deep way of relaxing and focusing your mind. It helps you have a different response to stimulus; in this case, pain."

Admission to "Mind-Body-Spirit Women's Festival and Spa Day" is \$5, with a two-for-one admission for those who bring a friend. For more information, call (248) 477-6100.

The Botsford Center for Health Improvement is at 39750 Grand River in Novi, located between Haggerty and Meadowbrook.

WHAT'S HAPPENING

KID STUFF

Soccer Shoot
The Farmington Elks will hold a Soccer Shoot for kids up to age 13 on Saturday, Sept. 21 at the Elks Lodge. Different age divisions will compete against each other with winners advancing to the state contest on Oct. 12 in Big Rapids. No advance registration is required. Registration will be the day of the event. Call (248) 442-1232 for more information.

Youth Sports
The Farmington YMCA offers a variety of sports activities such as soccer, T-ball, roller hockey and basketball for kids ages 3-12. Classes begin Sept. 9. Call (248) 553-4020 for registration information.

CLUBS

Plant Exchange
Hill and Dale Garden Club and the Farmington Hills Beautification Commission will hold a perennial plant exchange 8:30-11 a.m. Saturday, Sept. 7 at the Farmington Hills City Offices parking lot located at 11 Mile and Orchard Lake Roads. If you don't have perennials to exchange donations will also be accepted.

Farmington Garden Club
The Farmington Garden Club will meet at noon Monday, Sept. 9 at the Longacre House in Farmington Hills. Kay Blakeney will give a slide presentation of her trips to Afghanistan, Pakistan, Iran and India.

North Farm, Garden Club
North Farmington Garden Club will meet at noon Tuesday, Sept. 10 at the Aldo Vagnorzi Visitor's Center in Heritage Park. After a short meeting the club will travel to Plum Tree Pottery for a tour. Call (248) 553-2368.

Embroiderers
The Farmington Hills Embroiderers Guild will meet at 9:30 a.m. Wednesday, Sept. 4 at Faith Covenant Church in Farmington Hills.

Exchange Club
The Farmington Exchange Club will meet at noon Wednesday, Sept. 4 at the Brass Pointe in Farmington Hills for its annual bus meeting.

Farmington Artists
The Farmington Artists Club will meet at 7 p.m. Wednesday, Sept. 11 at the

Costick Activities Center in Farmington Hills. Artist Charles McFee will give a demonstration of his expertise at creating artistic explorations with paint on glass. Even prestigious Harvard University has begun treating alternative methods more as a part of medical treatment, rather than a separate element that has to be integrated into traditional therapies, Smith said.

Northville Genealogical
The Northville Genealogical Society will meet at 2:30 p.m. Sunday, Sept. 8 at the Northville District Library. The topic will be learning how to read a legal land description and locate sites on maps.

TOURS

Historical Home Tour
The Northville/Novi Branch of the University Women will hold a Northville Historical Home Tour 10 a.m.-4 p.m. Saturday, Sept. 14. Proceeds will support scholarships at Northville Community and Schoolcraft Colleges. The cost is \$10 per person. For ticket information call MJ Pine at (248) 380-7992.

CLASSES

Farmington Youth Assistance
Farmington Youth Assistance will be offering the following beginning in September at the Farmington Training Center. For registration information call Dana at (248) 489-3434.

- **Winning Kids, Winning Parents: Your Child in Sports** - 7:30-9:30 p.m. Monday, Sept. 9
- **Children the Challenge** - 7-9 p.m. Wednesday, Sept. 10-Nov. 20
- **Siblings Without Rivalry** - 7:30-9:30 p.m. Thursdays, Sept. 26-Nov. 7

Menopause Naturally
Health Dimensions in Farmington Hills will offer two menopause seminars: *HRT: Natural vs. Synthetic* on Wednesday, Sept. 11 and *Nutrition, Weight, Memory and Menopause* on Wednesday, Sept. 25. Both seminars run 7-9 p.m. Call (248) 489-1573 for registration information.

VOLUNTEERS

Habitat for Humanity of Western Wayne
County is looking for volunteers to help with office duties and fundraising. No experience needed. Training will be provided. There are various positions and flexible hours. Perfect for retired people. For more details, call Dieder at (734) 459-7744.

SEMCOC: Public recognizes infrastructure needs

"Southeast Michigan residents recognize the need to improve many aspects of the region's infrastructure and are willing to support additional funding for these improvements, according to results of an infrastructure funding needs survey recently conducted by SEMCOG, the Southeast Michigan Council of Governments. These results are consistent with SEMCOG's assessments of costs of future infrastructure improvements.

The telephone survey of 1,490 households was designed to represent adults in Southeast Michigan's seven-county region, as well as the individual counties and the City of Detroit. The survey's main objectives were assessing the level of support for funding infrastructure needs such as roads, public transit, and water and sewer systems and evaluating the support for alternative funding methods.

When asked about the importance of making improvements, the majority of respondents rated each infrastructure component very

important -- infrastructure overall, which was defined to participants as including roads, bridges, public transit, and the water and sewer systems (58 percent rating very important), the water and sewer systems (58 percent), the transportation network of roads and bridges (52 percent), and the public transit system (52 percent).

Similarly, a larger percentage of respondents somewhat or strongly favors tax increases for each type of infrastructure need compared to those who somewhat or strongly oppose tax increases. Increasing taxes to improve public transit was ranked highest (51 percent favor, 43 percent oppose); followed by the water and sewer systems (49 percent favor, 42 percent oppose); the transportation network (49 percent favor, 44 percent oppose); and the overall infrastructure (47 percent favor, 40 percent oppose).

When asked if they would support one tax to cover all aspects of the infrastructure or separate tax systems for each

component, a majority (51 percent) favored separate tax systems, while a strong minority (45 percent) favored one tax system.

When asked the type of funding preferred to support improvements in infrastructure, the user tax (on gasoline and water and sewer use) was most strongly favored over property tax, personal income tax, or sales tax on services, with the lowest preference being payroll tax.

Respondents said that local or county governments (48 percent total) were more trusted than state or federal governments to handle funding and distribution of funds for infrastructure improvements.

The survey revealed some interesting differences among the seven counties and the City of Detroit. For example, improving roads and bridges was rated higher in importance in Livingston and Monroe counties. Public transit improvements rated higher in importance in Detroit and Washtenaw County. Water and sewer system awareness and

the need for improvements rated higher in Macomb and St. Clair counties. Support for tax increases for public transit rated higher in Washtenaw and Oakland counties.

Over the past few years, SEMCOG analyses have indicated a great disparity in available funding versus the total investment needed for infrastructure improvements in Southeast Michigan in the next 25-30 years. Shortfalls include \$17 billion shortfall for road and bridge improvements; \$14-26 billion for maintaining and improving the sewer infrastructure; and \$2 billion for capital improvements in public transit.

"This survey tells us that Southeast Michigan residents are well aware of the infrastructure challenges ahead of us and the importance of these issues to the region's quality of life," said Paul Tait, executive director of SEMCOG. "Michigan's new governor will certainly need to address these concerns, of course, with the help of local elected officials of our region."

OCC's Womencenter offers discussion series, book group

The Womencenter at Oakland Community College's Orchard Ridge Campus in Farmington Hills features a discussion group for women in diverse societies and the similar issues shared.

The group is sponsored by the Womencenter, a facility that provides educational and supportive resources for area women.

For more information on the International Women's Discussion Group and other program offerings, call the Womencenter at (248) 522-3642.

The Orchard Ridge Campus

is located at 27055 Orchard Lake Road, just south of I-696.

BOOK GROUP

OCC's Womencenter also presents a seven-session book discussion group for women on alternating Wednesdays, starting Sept. 11.

The Womencenter Book Group meets from 1-2 p.m. in Building 1, Room 309. It is led by Womencenter Coordinator Arlene Frank. Participants are advised to read the books prior to the sessions.

Cost is \$10 and pre-registration is required.

The first book up for discussion is *When We Were Grownups* by Anne Tyler. Marge Piercy's *Three Women* will be covered at the second session on Sept. 25. Later selections will be made by the group itself.

This seminar is sponsored by the Womencenter, a facility that provides educational and supportive resources for area women.

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