

Summer workshop planned for ballerinas

Carole Cotter wound up her first year as a ballet teacher with a concert and being offered a job staging "Sugar Babies" in Lake Tahoe, Nev. Now she begins the summer with a workshop for serious students of dance.

Cotter jokes that she is making a lifetime career of "Sugar Babies" — somewhat similar to Yul Brynner and "The King and I" — after dancing off and on for nine years with Mickey Rooney and Ann Miller.

She said she couldn't refuse the job of hiring the dancers, directing the comedy skits, staging the full production for Harrahs. But at the same time, she did not want to leave her new students without some classes for the summer.

"I trained all year round when I was a kid. It never would have occurred to me to take off for the summer," Cotter said, who owns and operates Miss Carole's School of Ballet in downtown Farmington. "Some kids do (take off for the summer) but not the 8-12-year-olds I trained from the start."

"An important part of my classes is teaching appreciation for the dance and dedication to it. Some of these youngsters came to me with no understanding of dance at all and what I've taught them is something that will never allow them to do anything halfway in their lives. I don't want to desert them for a good part of the year," she said.

Cotter has hired Evelyn Vecesnyes, a former member of Grand Rapids Civic Ballet, to instruct the summer workshop. Morning classes will run from June 21 through Aug. 16 in the second floor studio at 3316 Grand River.

"She comes with a good background and has had some extremely prestigious teachers, Jurgen Scheldt, for one, who was personal coach for (Mikhail) Baryshnikov, and Eddie Vitella, star of New York City Ballet," Cotter said.

Cotter and Vecesnyes met one another when they danced together



Carole Cotter poses with Peter Frame after one of their performances in the Nutcracker Ballet last winter with the Detroit Symphony Orchestra.

in the Detroit Ballet's "Nutcracker."

Cotter opened her studio here last September in the same studio where she took her ballet lessons while she

was growing up in Farmington.

Registration information about the ballet summer workshop is given by calling the school, 471-2523.

Mr. Michigan

Jon Eckerly took the title of Mr. Michigan in the pageant late last month. The North Farmington High School graduate is now being interviewed by a host of acting and modeling agencies that will keep him busy until July 5, when he'll be in Tennessee for the Mr. America Pageant finals. Eckerly, 19, is the son of Mary Elton and Mike Eckerly, both of Farmington Hills.



Coping with a full plate

Beware the month of June if you're trying to shed extra pounds. The calendar may highlight only three special days — Flag Day, June 14; Father's Day, June 18; Summer Solstice, June 21 — yet many occasions may become pitfalls for the unwary dieter during this period. Crammed full of weddings, engagements and graduation parties, all traditionally food-filled celebrations, June is a month that can send your weight skyrocketing long before the first Fourth of July firework is launched.

"You need advance preparation," says Florine Mark, area director of Weight Watchers, "to stay within your weight loss plan." With hints from the new Quick Success Self Discovery Plan, you can learn to resist the temptation to smother corn-cob with butter or to dunk grilled chicken, skin and all, into a red-hot barbecue sauce.

Mark offers these tips to help you through the June calendar:

• Take advantage of the season. In June you'll find an abundance of fresh fruits and vegetables which are not only delicious but low in calories.

• Think ahead: If you're scheduled to attend a celebration, plan your other meals around this special occasion. Eat lighter meals during the day so you can enjoy the festive meal — without adding extra pounds.

• Dress for slim eating. Have you ever noticed that what you're wearing can influence how much you eat? Wear the outfit that hugs your waist attractively rather than a blousy dress or baggy pants that "leave room for eating."

• Visualize. Each time you feel the urge to indulge visualize what you want to look like this summer in a bathing suit.

• Get plenty of rest. Sometimes the more tired a person is, the greater the likelihood to overeat. If you're on the go at this time of the year, make sure you get plenty of rest.

• Share with a friend. When at a buffet or company party, share portions with a companion. This way you will get to share in the festivities and try more foods at half the calorie cost.

• Feed yourself compliments: After you've made these changes, it's time to feed yourself words of praise. You deserve to be proud of your accomplishments.

"The key to success is believing in yourself," says Mark. "Take it one celebration at a time and don't look too far ahead."

With planning and determination, you'll be able to unveil a new, slimmer you this summer. Think about the possibilities.

Think trim for summer

It's still not too late to do something about those unwanted pounds you picked up this winter.

In fact, for many reasons, summer is one of the best times to lose weight. Increased activity and lighter, healthier eating habits are just two examples of positive changes in lifestyles once the warmer weather sets in. Another good reason is this: Thursday, June 22, Think Trim class offered in The Community Center, 24705 Farmington Road.

Conducted by Lorraine Stefano, founder and director of Think Trim, the program successfully helps people lose weight and keep it off by teaching them about their relationships and attitudes toward food. The seminar runs from 9 a.m. to 4:30 p.m. and is \$40.

Stefano, a vibrant and energetic individual whose courses are spiced with humor and real-life experiences, fought the "yo-yo" syndrome of gaining and losing weight for years. A therapist in private practice and a college instructor, Stefano utilized her background and developed a program whereby she lost 60 pounds. Nine years later, Stefano has still not gained the weight back.

She formally developed her experiences into the Think Trim program, where the importance of self-image, self-motivation, healthy attitudes and how to lose weight and keep it off are stressed.

To register for the class, call 477-8404. For more information on Think Trim programs, call 589-3285.



Brass Band

"Brass Band," a five member troupe taught by Farmington Hills dance instructor Marilyn Esper, took a first-place trophy and the best overall award in Danco Masters competition this spring. The 7-10 year olds are Lauren Bethell, Dana Hedke, Courtney Bagshaw, Tiffany Coullais and Courtney Armstrong. Esper is co-owner of Piazza Dance Company in Northville.

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