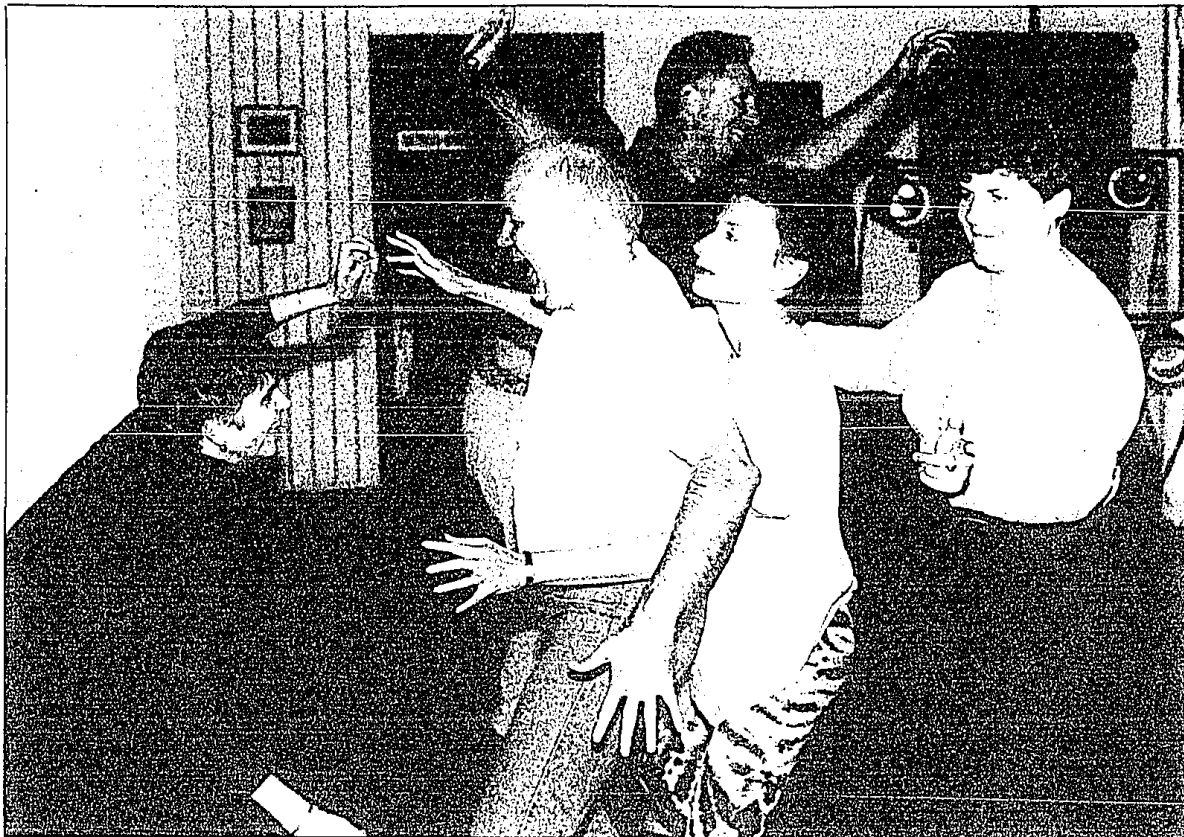




Facing off, but just for a passing instant, are Roxanne Allen of Rochester Hills, left, and Gary Kleinhenn of Plymouth. Others shown in the photo doing their own thing at Improv Playshop are, Tom York of Livonia, back center, playshop creator and director Ann Holdreith of Royal Oak, and Bonnie Snyder of Rochester Hills.

No work, all play makes class A-OK

The primary goal of the classes is to help serious-minded, inhibited, reserved persons become freer, more spontaneous in their lives.

By Alice Collins
staff writer

EEEEEEKKKK ... caa, caa, caa... rum, rum, rum... tum, tum, tum... slam bam!!!
"Push you foot straight down on the floor, down to the center of the Earth. Let the energy come up through your legs. Make your eyes squinty. Release the tension through your feet."

"Play with your timing. Pick up the pace, make eye contact, disconnect, make eye contact."

"Watch out, don't bump into each other."
They talk to each other in grunts, shouts, mumbles, sometimes words. They play an original version of 'London Bridge Is Falling Down.'

They're monkeys or chickens or tigers.
They're 6-month-old babies crawling across the floor.
They're toddlers, wobbling in circles.
Then they're — heaven knows what!

What they are at any given moment is in the minds of the participants, or maybe they don't know either. An observer can only guess.

The time is Wednesday evening, the place the Paradigm Center for the Arts in downtown Detroit, the characters are men and women, most of them over 30 and the activity — Improv Playshop.

THE CREATOR, teacher, coach or to use her word — facilitator — of this group is Ann Holdreith, former public school teacher, painter and performer in experimental theater, who has been a strong participant in the human growth movement for 15 years.



Playshop creator Ann Holdreith works out a loose structure for her students.

Holdreith conducts series of playshops at the Paradigm Center and at the Birmingham Unitarian Church in Bloomfield Hills.

The primary goal of the classes is to help serious-minded, inhibited, reserved persons become freer, more spontaneous in their lives.

Generally, those who take the class have no theater background. It mostly draws people, many of them professionals, who are interested in their personal growth, she said.
"The focus is to create an environ-

ment and dynamics for people that allows them to feel very safe and gives them permission," Holdreith said. "I do some planning but there's lots of room for spontaneity within the structure."

"They feel the safety from me, then they give it to each other and then to themselves. Everything they do is improvised within the structure I give."

In the words of this observer, the participants get together in a room, move around and do whatever

comes into their minds, getting ideas from each other. They use their voices as part of the creative performance.

PLAYSHOP PARTICIPANT Tom York of Livonia, who heads the finance department for a real estate developer, took the class to "get rid of my inhibitions."

"I come here on Wednesday nights and we giggle and play just like high school kids," he said. "Some people might think it's kind of weird. I used to be too self-conscious to dance at a wedding. I always liked to watch other people acting crazy. Now, I can do it, too."

Bonnie Snyder of Rochester Hills is a trainer and course developer for Michigan Bell.

"I was looking for a class to help me with my work," she said. "I love it because it gets me in touch with myself. Now I'm more open in the classroom. I used to be prim and proper up there, now I'm more alive with my students. I can drag in on Wednesday, but when I leave I'm energized."

Roxanne Allen of Rochester Hills, a university instructor and free lance consultant and counseling therapist, teaches group dynamics.

"This gets you out of being into your head too much and back into your body and feelings," she said. "I'm much looser in the classroom now. Taking this class is really an opportunity to go play."

For more information about the Improv Playshop, call Ann Holdreith at 583-7765.



The latest European influence in fashions can be seen in the cut, style and detailing of the suits worn by Julie Lovenson (standing) and Shori Lovenson of "Guys N' Gals."

European style becomes big here

Continued from Page 1

In addition to fine cuisine, the Europeans are also making headway in the medical field said one local dentist who uses one of Switzerland's top methods for filling cavities.

"PERSONALLY, I think the Europeans are much more experienced when it comes to cooking and writing on people in a restaurant," he said. "I think we tend to be more organized and cleanliness is the key element to success according to Europeans in this business."

Maeder began his restaurant career as a waiter nearly 50 years ago, but unlike waiters in the U.S., in Europe he apprenticed before becoming one.

The Bijou prepares such European delicacies as Dover Sole (Great Britain), Veal Zurek (Switzerland) and Chateau Briand (France) to name a few. It's famous for its fresh crusty rolls, which Maeder said "reminds customers of the wonderful breads they receive in Europe."

Dr. Mitch Milten, a Birmingham dentist, said the Swiss were the first ones to introduce white fillings instead of the traditional silver toned ones used in the U.S.

"Europe is also ahead of America when it comes to dental equipment," he said. "Their products are much more stream-lined and much more slick than what we produce here in the United States."

Milten added that Europeans are much more advanced in cosmetic inlays and other oral implants.

MOREOVER, it appears the Europeans are already ahead of America in hair fashion as well.

If you've ever heard of or been lucky enough to stroll down London's famous King's Row, then you're well aware of the crazy hairstyles that

dot the congested street corners.

According to Neal Leve, stylist and owner of Bellissima Too in West Bloomfield Township, "those punked-out looks that came from England a few years ago were the big thing, but now anything that comes over from Europe is softer."

Flatter looks with less hairspray and spritz is what's in for hair fashion.

"This winter, styles promise to be shorter and the color is going to be more along the deeper golds and burgundy tones," he said.

He said most of the hair cut designs still come from London, while actual styling and haircare products come from France.

"The products that come from Europe can't be compared with the stuff we have in America," he said. "The products that come from Europe are so advanced that they make American products look terrible."

LEVE SAID Americans seem to

look up to Europeans for the latest in hairstyles and fashion because "we think that they're so ahead of the game, and in essence, they are."

"But on the other hand, they look to us for some of the same things, so we all borrow from one another at one point in time," he said.

Leve's salon performs such services as coloring with special European products, spiral rod permanents done with round, soft tubing versus long rods, a method directly from Europe, and precision cutting and styling among other services. He also has a special European wash system at the salon.

So, if you've never had the opportunity to visit Europe, there's really no need to suit. Take yourself almost anywhere in the metro area — whether it's an art gallery in Farmington Hills or a clothing store in West Bloomfield. You should be able to experience a little bit of Europe first hand.