

Karate from page B1

Children with attention deficit disorders has helped with focus and direction.

"When martial arts classes stress good self-control and a child gets formal training with someone skilled, that's a positive," said Johnson.

Pitcher says he's had a number of children with ADD, "and they do very well in martial arts because it's structured where they can move at their own pace and they can feel a bit more normal and not separated from everyone else."

While some people may feel this type of activity can make someone violent, Pitcher disagrees.

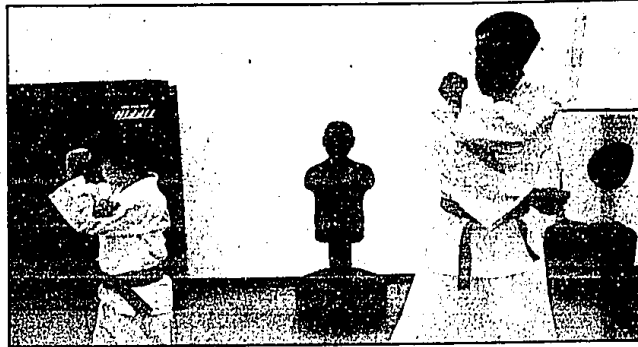
"We teach them to not be aggressive, to talk their way out first or get away from a confrontation. One learns martial arts to defend oneself, not to attack."

Traditional weapons training is also part of this martial art. "This is to develop every aspect of yourself, mind, body and spirit, and weapons have been a traditional part of martial arts for thousands of years and we teach them to keep the tradition alive." During the school year, Farmington Professional Karate offers 8-week mini classes to area schools. Zachary Mikola, 6, started at his school and liked it, so they joined the school. His mom, Lisa, says it's been good for him. "When he became a yellow belt, he was really proud. It helps with self-discipline. Zachary likes to entertain at school."

The Farmington school also offers a KID program (karate instead of day care), cardio kickboxing for adults, and all-day summer karate day camp from 9 a.m. to 4:30 p.m. with extended hours available.

If you're seeking a family-oriented activity that offers exercise, personal growth in many areas, the opportunity to meet others, perhaps this karate school may fit the bill. As Michael Authier says, "I thought, why should my son have all the fun? Actually, it's very enjoyable. It's good exercise; I got to spend more time with my kids. It's something we can do and something we can practice together at home. It beats going to baseball games."

For more information, call the Professional Karate Schools of America, Farmington branch, at 478-1088.



In tandem: Father and son Jim and Tony Dallape work on their karate moves.



Right stuff: Caitlain Theakston has the moves.

Roundtable from page B1

tiveness," she noted. The roundtable meets usually on a Monday or Tuesday at 6 p.m.

"We bring dinner in," said Ural, who is single. "We're sup-

posed to go until 9 but many nights we wind up at 11 p.m."

Summertime brings a more relaxed schedule. There's a June pool party planned at Ural's home followed by a July boat party hosted by another member. Those meetings will include spouses or significant others and be more social in nature.

Sherril Gelman of Farmington Hills is one of the few members with young children.

"I'm kind of retired now - and have been for four years. My kids are 9 and 7," she said.

Invited by Ural to join the roundtable three years ago, she sees it as more than a networking group.

"I see it more broadly," she said. "There's business development, trade services, referrals. The support aspect is very needed. They deal with owner issues, like hiring and handling staff. I think because we all come from different skill or trade areas, it's interesting to see our problems cross over."

Gelman co-owns a business with her husband, Larry, called Gelman Consulting. She has pulled back to raise their children, but still craves the interaction of the business world.

"It becomes somewhat personal but not in a bad way," she added. "And it's social and that's a wonderful part of it. We laugh a lot. There's a social worker in

There's something you get being with other women who own their own businesses. There's an opportunity to mentor one another."

Linda Jolicœur
—Roundtable member

the group and she's willing to put on her professional hat. I think it's a wonderful concept."

Linda Jolicœur, owner of Target Equipment Leasing in Farmington Hills, belongs to several larger organizations but enjoys the roundtable because of its intimacy.

"There's something you get being with other women who own their own businesses," she said. "We get immediate feedback. I have friends from NAWBO and the chamber, and I love them all. But this group is small. There's an opportunity to mentor one another."

She said that a few years ago, several members of the roundtable traveled to Las Vegas together to celebrate New Year's Eve.

"We really end up as friends," she said.

For more information on the Roundtable, call Nurten Ural at 626-3745.

Chat room from page B1

left in their wake, the ones walking around with dad-sized holes in their spirits and lives.

Happy Father's Day to my dad, my husband, and all the dads who fill that special place

in their children's lives.

Kathie O'Donohue lives in Farmington Hills with her husband, Mitch Bogustowski, and their five children.

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