

REUNIONS

As space permits, the Observer & Eccentric Newspapers print, without charge, announcements of class reunions. Send the information to Reunions, Observer & Eccentric Newspapers, 36254 Schoolcraft, Livonia 48150. Please include the date of the reunion, one contact person, and a telephone number.

CATHOLIC CENTRAL
 ■ Class of 1961
 For information about the Girls Catholic Central of Detroit 40th reunion, call Jan Seefeld (248) 398-7777 or Nancy Nowak Kush (313) 291-1165.

CHADSEY
 ■ Class of 1952
 A "golden anniversary" reunion is in the early planning stages. Alumni are being asked to call and share their interest in attending a reunion. Call Florence A. Azzopardi (313) 937-1246.

CHERRY HILL HIGH SCHOOL
 ■ Class of 1981
 20+ year reunion is planned for Cherry Hill High School in Inkster. Saturday, Feb. 9, 2002. Contact: Heidi (Galbraith) Erlanson for more details. Call (248) 735-8671 or e-mail heidimma@yahoo.com

DETROIT REDFORD
 ■ January 1952
 Get ready to celebrate our 50th. We are close to setting a date of May 18, 2002 for the party. Call ASAP Gina Stocker Alexander, (313) 635-8575 or e-mail ginnalex2@aol.com or Marlene McGregor Ruppenthal (248) 855-9010.

GROSSE POINTE NORTH
 ■ Class of 1991
 Call (800) 677-7800, visit www.taylorreunions.com or e-mail: info@taylorreunions.com or cullerton@taylorreunions.com or write: Taylor Reunion Services, P.O. Box 597, Dallas, TX 76221-9929.

GROVES
 ■ Class of 1971
 We're looking for interested alumni to help organize our 30th reunion. Call Linda Miller (952) 942-9569 or e-mail kmiller@sprynet.com or send name and number to Linda Miller, P.O. Box 44203, Eden Prairie, MN 55344.

HOLY REDEEMER
 ■ Class of 1962
 Classmates call Frank S. Barkovich regarding the class reunion in 2002. Call (734) 397-8777.

LIVONIA STEVENSON
 ■ Class of 1972
 A 30 year reunion is planned for Aug. 9, 2002. The reunion committee is taking inquiries. Call Kathy (Guilbault) Harris (734) 462-1772 or Paul St. Henry (734) 591-6081.

MARIAN HIGH
 ■ Class of 1999
 Contact Jennifer Latimer (248) 646-9060 or Tina Malloy (248) 433-1795.

MCFARLAND JUNIOR HIGH
 ■ Class of 1966
 Classmates are being sought for a 35th reunion. Call Karen (810) 573-7145, Vickey (517) 548-5133 or e-mail miss127@aol.com

NORTH FARMINGTON

■ Class of 1991
 A 10-year reunion is in the planning stages. We are looking for classmates. Call Reunions Made Easy (248) 592-9565.

OSBORN HIGH SCHOOL
 ■ Classes of 1960-63
 Reunion is planned for June 1, 2002. Call (248) 746-3305.

PERCHING
 ■ Class of 1952
 A 50th reunion is planned for June 22, 2002 in Farmington Hills. Call Ron Burin (248) 623-2454, e-mail rburin@redigy.net or Fred Neilson (352) 365-1483 or perching52@aol.com

■ Class of 1962
 Perishing High School - Detroit, Class of 1962 and 1961 summer school graduates are invited to a 7 p.m. June 15, 2002 reunion at the American Polish Century Club, 33204 Maple Lane, Sterling Heights, Call Frieda Luttschyn (810) 643-5619; Jo Corriere (586) 666-2844; Carol Kraus (734) 878-6943; and Chaine Corso (517) 546-8145.

■ Class of 1962
 A reunion is being planned. Class of 1961 summer school grads also welcome. Call Carol Kraus (734) 878-6943 or e-mail camigrc@isml.net or Chaine Corso (517) 546-8145 or e-mail chicorso@isml.net

PIONEER ANN ARBOR
 ■ Class of 1991
 The committee is updating addresses/ phone numbers of class members. Call (800) 677-7800, visit www.taylorreunions.com or e-mail: info@taylorreunions.com

SOUTHFIELD LATHRUP
 ■ Class of 1971
 A 31st reunion is planned for Aug. 3, 2002. Call Mark Lurin (248) 661-9505 or e-mail marklurin@aol.com

ST. ANDREW-DETROIT
 ■ Class of 1961
 "Flyer" alumni of the 1961 class are being sought for a 40th reunion. Send name, maiden name if applicable, address, city, state, zip and phone number to: 1961 Reunion, 28990 Joey Drive, Brownstown Township, MI 48134 or call (734) 676-1934.

ST. THERESA
 ■ Class of 1951
 Classmates are being sought for a 2001 reunion. Call Mary Lee (Kuteron) Suchan (313) 291-6359.

Fitness

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STAFF PHOTOS BY TOM HOFFMEYER

"It is an indulgence, but at the same time, you're doing something very beneficial for yourself," she says.

Jansen says her clients split into two categories: Regular exercisers who reach a plateau and non-exercisers who need a trainer to teach the basics.

All and all, both types of clients are seeking a combination of inspiration and education, she says.

A real workout

"I wanted to learn how to use weights and needed help," says Pat Nickel, a Birmingham resident who works out with a personal trainer at Oakland Athletic Club. "I did aerobics, spin, all that. But I never used weights and I wouldn't have known what to do with them anyway."

More than two years later, Nickel, who's in her 50s, still meets with her personal trainer twice a week.

Good form: Jennifer Jansen, a personal trainer at Oakland Athletic Club, helps her client stay properly aligned during an upper body workout at the Birmingham health club.

Nickol says her personal trainer keeps her focused on that approach and most important, proper technique.

Another benefit: Exercise remains interesting because Nickol's trainer provides her

with varied routines. There's also something intangible about the relationship's effect on Nickol. "If she (Nickol's trainer) left, I would follow her. I don't want the club to think I would leave. That's just how attached I am to her."

How to find and select a personal trainer

■ Give strong consideration to a personal trainer's credentials, education and experience.

■ The National Strength and Conditioning Association is a reputable national organization that certifies personal trainers. The association also offers a personal trainer locator on its web site at www.nsc-ift.org. Each trainer listing includes educational background and certification.

■ Although certified trainers are a good bet, there are excellent trainers without certification.

■ Many personal trainers have a degree in a health, fitness or exercise science program, such as sports medicine, physical education or anatomy and physiology.

■ Physicians and medical professionals are a good source for recommendations. Also, ask friends, family or other health club members for a recommendation.

■ Interview personal training candidates before hiring



Good fit: Look for a personal trainer who specializes in providing the particular services you need, says Jennifer Jansen, a trainer at the Oakland Athletic Club. Jansen's specialty is providing motivation.

them. Be sure to ask about: client references, hourly rates, schedule availability, areas of expertise and years of experience, in addition to educational background and certification.

■ To evaluate training sessions, consider whether the trainer is motivating you,

clearly explaining exercises and methods to you, and responding to your particular needs and goals.

■ For a comprehensive list of guidelines, visit the National Strength and Conditioning Association's web site and go to the "How To Select a Personal Trainer" link.

\$20.02 SALE
 Lynn Portnoy
 WOMEN'S CLOTHIER
 29260 FRANKLIN RD. (IN THE CLAYMORE APTS)
 SOUTHFIELD, MI 48034 (248) 353-2500

JOIN THE LIVONIA SYMPHONY ORCHESTRA FOR A "MARDI GRAS" FRIDAY, FEBRUARY 8, 2002 LAUREL MANOR 39000 SCHOOLCRAFT, LIVONIA, MI RESERVE NOW!

MAIL THE BOTTOM HALF OF THIS INVITATION, ALONG WITH YOUR PAYMENT TO: LIVONIA SYMPHONY "MARDI GRAS" C/O 35478 BROOKVIEW, LIVONIA, MI 48152

PLEASE MAKE CHECKS PAYABLE TO: LIVONIA SYMPHONY SOCIETY, INC. THE LSO IS A NON-PROFIT 501(C)(3) ORGANIZATION. CONTRIBUTIONS ARE TAX DEDUCTIBLE. WWW.LIVONIASYMPHONY.COM

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YES! PLEASE SEND ME TICKETS!

PACKAGE A: Dinner/Concert/Silent Auction
 \$50 per person (Tax Deductible: \$30)
 (Dinner) Number of persons: _____ Amount Enclosed: _____
 Festivities begin at 6:00 p.m. ♦ Dinner ♦ Cash Bar ♦ Silent Auction
 Complimentary wine per table ♦ Concert begins at 8:00 p.m. ♦ Silent Auction closes at 9:30 p.m.

PACKAGE B: Concert & Silent Auction Only
 \$20 per person (Tax Deductible: \$5)
 Number of persons: _____ Amount Enclosed: _____
 Doors open at 7:00 p.m. ♦ Silent Auction ♦ Complimentary Drink Included
 Cash Bar ♦ Concert begins at 8:00 p.m. ♦ Silent Auction closes at 9:30 p.m.

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THE Observer & Eccentric NEWSPAPERS **CFG inc.** **ALICE 106.7 FM**

GENERAL CAREER FAIR
 TROY MARRIOTT ■ TUESDAY, FEBRUARY 19, 2002
 10:00 A.M.-6 P.M.

Find the people you need!

ATTENTION EMPLOYERS!

The Observer & Eccentric Newspapers joins Career Fair Group (CFG), Inc. and Alice Radio 106.7 FM for a one-day general Career Fair on Tuesday, February 19, in the Troy Marriott.

Here's your opportunity to find the right person for your team!

YOUR CAREER FAIR PACKAGE INCLUDES:

- Advertising space on special recruitment pages in the Observer & Eccentric Newspapers (Ad size: 3 columns x 6"—Publication: 2/17/02)
- 8-foot skirted table and chairs
- Lunch provided
- Inclusion in all Fair advertising in Observer & Eccentric Newspapers and its website and CFG Inc. website
- Radio promotion on 20 stations

We must receive your payment no later than Monday, February 11, 2002

TO RESERVE YOUR SPACE OR FOR MORE INFORMATION, CALL (734) 953-2070