

## Give Mom Our Best!



Join us for a relaxing Mother's Day spent enjoying time with the family while Chefs Steve & Rocky handle all the cooking and dishes.

In addition to our daily menu we'll be offering some special main courses in honor of Mom's special day including...

**Gulf Shrimp & Lobster Fettuccine** with lobster cream, chorizo, garlic, virgin olive oil and fresh herbs.

**Grilled Atlantic Salmon** served with kimchi, julienne vegetables and wasabi cream.

**Roast Duckling** in natural sauce, wild rice with lentils and bacon, braised red cabbage and fresh applesauce.

**Filet Mignon** served with a cognac and black peppercorn sauce, portabella mushrooms, mashed redskin potatoes and caramelized onions.



43150 Grand River, Novi • 248.374.0688 • email: steveandrockys.juno

## Sweet Dreamzzz Detroit



**Special gift:** This year, the birthday wish of two 10-year-old Farmington Hills boys was to help children in need. In place of birthday presents, Alex Ruffolo and Lennon Kyriakoza asked family and friends to donate money to Sweet Dreamzzz Detroit, a non-profit charity providing children with bedtime essentials necessary for a good night's rest in preparation for school. The boys decided a \$20 donation to Sweet Dreamzzz Detroit made a greater difference in the life of a child in need than another hand-held video game made in their lives. Their event raised \$350 for the cause. The boys attend St. Fabian School in Farmington Hills and have volunteered, along with their families, for several Sweet Dreamzzz Detroit events. To date, more than 8,000 Detroit grade school children have been provided with the means for a warm and comfortable night's rest.

## Bikram yoga is 'hot' and new to Farmington Hills

The owners of Bikram Yoga in Plymouth, opened a studio in Farmington Hills this month. Melissa Mazaris Curnett and Ernie Curnett launched their second Bikram Yoga studio at 28857 Orchard Lake Road at 13 Mile. Bikram's Beginning Yoga Class promises to stretch, strengthen, relax, and challenge anyone willing to brave the heat. According to Bikram Choodhury, founder of the style, practicing yoga in a heated room mimics the Indian origins of the discipline. In a typical Bikram class, the thermostat hovers around 100 degrees, warming muscles and limbering the body. Not only does this help to achieve a deeper workout and to prevent injury, it also promotes

perspiration, which flushes toxins from the body. In Bikram Yoga, heat is the first hurdle as well as the biggest boon to a rewarding practice. Bikram brings science and spirituality together to create a practice that never grows old. Bikram was a child yoga prodigy and an Olympic weightlifter until an accident crushed his knee at age 20. Under the guidance of his guru, Bishnu Ghosh, Bikram responded by developing the 26-posture yoga series. Leaving his native India, Bikram spent two years participating in a United Nations-sponsored research project at Tokyo University, which concluded that yoga can regenerate tissue and cure chronic ailments.

The Currents' clientele covers the full spectrum of lifestyles and levels of fitness, and ages. At least 2,000 people have practiced at their Plymouth studio. The Currents and their instructors have all studied personally and intensively with Bikram. Their combined yoga teaching experience totals 17 years. Bikram Yoga - Farmington Hills offers more than 40 beginning yoga classes per week, plus yoga for kids. The new 3,200-square-foot studio provides a state-of-the-art hot yoga environment, supplemented by massage therapy facilities, and changing rooms with showers. Private lessons are also available.



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## 15th Annual Farmington Hills Police OPEN HOUSE



**JOIN US FOR FUN and GAMES!**

Sunday, May 5, 2002 - Noon - 4:00 p.m.

31655 West 11 Mile Road, Corner of Orchard Lake Road

- \* Survivor Obstacle Course - Moon Walk
- \* Child Fingerprinting
- \* Air Force F16 (Miniature)
- \* School Bus Safety
- \* WJR Radio
- \* DNR Hunter Safety Firearms Simulator
- \* Police Horses
- \* Electrical Safety Demonstration-DTE
- \* Simulator Glasses
- \* Driver Safety Simulator
- \* Inflatable Bouncer for Klds
- \* Magician
- \* Child Car Seat Installation Training
- \* Louie the Lightning Bug
- \* Radar Time Pitching
- \* Games and Prizes
- \* Fire Trucks
- \* Police Boats and Tanks
- \* Farmington Hills Police K-9
- \* McGruff the Crime Dog
- \* YMCA Toddler Obstacle Course