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# natural awakenings

PREMIERE ISSUE

FREE



celebrate  
**EARTHDAY**  
April 22

welcome to  
green collar  
**AMERICA**

a workable way to new jobs  
and sustained recovery

HEALTHFUL  
**HERBS**

the people's  
medicine

exercise that  
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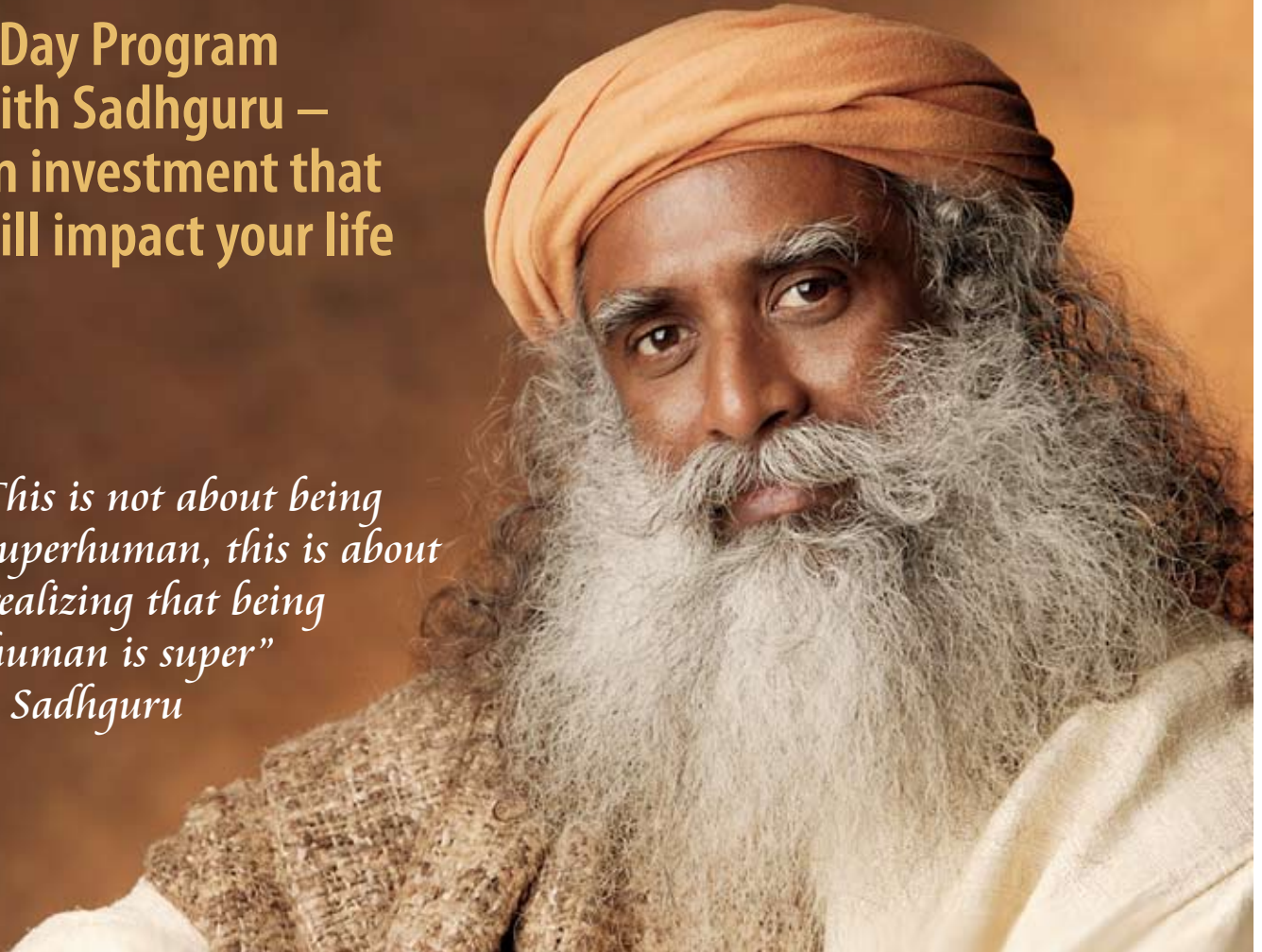
# Inner Engineering

## Technologies for Inner Wellbeing

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An investment that  
will impact your life

*“This is not about being  
superhuman, this is about  
realizing that being  
human is super”  
- Sadhguru*



Sadhguru, founder of Isha Foundation, yogi, visionary and speaker of international renown will be offering Inner Engineering as a tool to establish health and vitality, mental calm and clarity, and instill a deep sense of joy.

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Email: [detroit@ishafoundation.org](mailto:detroit@ishafoundation.org)

**[www.IshaYoga.org](http://www.IshaYoga.org)**

*Scholarships and discounts are also being offered for students, seniors, married couples registering together and those facing financial hardship.*

# natural awakenings®

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HealthyLivingDetroit.com

Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

## DEPARTMENTS

- newsbriefs 5
- inspiration 9
- healthbriefs 9
- healthykids 12
- globalbriefs 15
- fitbody 19 & 26
- consciouseating 22
- calendarofevents 28
- ongoingcalendar 30



## INSIDE THIS ISSUE

- Acceptance Brings Contentment 9  
by Lama Surya Das
- Healthful Herbs The People's Medicine 10  
by Susan DeSantis
- Welcome to Green Collar America 16  
A Workable Way to New Jobs and Sustained Recovery  
by Brita Belli
- Five Ways to Celebrate Earth Day 24  
Invest a Day to Connect with Our Blue Planet  
by Gregg & Angela Newsom
- Functional Fitness 26  
Exercise that Translates to Real Life  
by Lisa Marshall

### HOW TO ADVERTISE

To advertise with *Natural Awakenings* or request a media kit, please contact us at 586-983-8305 or email [mdemo@HealthyLivingDetroit.com](mailto:mdemo@HealthyLivingDetroit.com)  
Deadline for ads: the 15th of the month.

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# letterfrompublisher

What better time than spring, a season of new birth, to begin a brand-new venture? I'm delighted to bring *Natural Awakenings* to Wayne County.

This magazine has been a pivotal guide in my own healing and wellness journey for many years now. I've been intrigued, inspired and motivated to make healthier choices for myself and my family because of what I've read in its pages in other communities. Plus, I have fun learning new things each month.



Some have expressed concern about the wisdom of starting a new business here in Michigan this year, with our economy in such disarray, but I believe it's a perfect opportunity to highlight the scores of amazing local people passionately involved in healing our world, one person and one business at a time. *Natural Awakenings* offers our local holistic community powerful marketing tools to help these entrepreneurial spirits reach out and connect with the customers who need, desire and benefit from their healing services, whether greening the Earth, bringing new life to communities or helping make bodies whole.

Many people these days are experiencing the harsh realities of reduced health-care benefits and escalating costs. The good news is that more are turning to alternative and preventive practices. These are not only gentler, but more affordable. Millions around the world have long been using holistic healthcare modalities to reduce stress and rebalance their health.

Another good sign is our nation's fast-growing green economy. We hope this month's feature, "Welcome to Green Collar America," will inspire you to create a sustainable job for yourself. I can attest from personal experience that it's a bit scary to move outside old comfort zones, but it opens us up to unexpected rewards. For me, one huge perk has been personally meeting many of our advertisers, readers and support team, who are committed to making a positive and lasting difference in this world.

I expect you'll enjoy our premiere Wayne County edition of *Natural Awakenings*, and trust you will return to partake of this free magazine each month. We also invite you to join in and become a part of what we're doing. Here's how:

- Share your thoughts; email me at [mdemo@HealthyLivingDetroit.com](mailto:mdemo@HealthyLivingDetroit.com).
- Share your magazine with your friends and family.
- Subscribe to our free, online version at [HealthyLivingDetroit.com](http://HealthyLivingDetroit.com).
- Ask your local natural healthy living businesses to carry our magazines in their lobbies.
- When you contact our advertisers, be sure to share where you saw their ad!

Let's all celebrate Earth Day this year with an act of service this month. After all is said and done, if we don't take care of this planet, then who will?

To an ever better life,

Mary Anne Demo  
Publisher



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is printed on recycled  
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based ink.



# newsbriefs

News about local happenings in and around our community

## Saving the World by Candlelight

For the second year in a row, House of Yoga, in Berkley, will offer yoga, live music and dinner by candlelight in observance of Earth Hour. During this international event, individuals, businesses and cities around the world will be asked to shut off their lights from 8:30 to 9:30 p.m., on March 28.



Earth Hour originated in 2007, in Sydney, Australia, when more than 2 million homes and businesses turned off their lights for one hour, signifying a call to action for climate change. Last year, 35 countries and 50 million people participated.

Dave Tomaszewski, co-owner of House of Yoga, says, "Although our specific event won't create a major impact on the world, we hope it brings awareness that together, our small actions can make a big difference." The event begins at 7:30 p.m., with a yoga class and music, followed by dinner. The cost is \$15. All proceeds benefit the Seva Foundation, which supports projects concerning health and wellness, community development, environmental protection and cultural preservation around the world.

*House of Yoga is located at 2965 West 12 Mile Road, in Berkley. To register for the Earth Hour event, call 248-556-0992, e-mail [Info@HouseofYoga.net](mailto:Info@HouseofYoga.net) or visit [HouseofYoga.net](http://HouseofYoga.net).*



## New Practice Takes Yoga to a Higher Level

Aerial yoga, the latest regimen in the growing field of health and fitness, is now offered at Yoga Shelter Grosse Pointe, 17000 Kercheval Avenue, above Trader Joe's. Also known as anti-gravity yoga, the practice allows students to move and fly through exercises and poses, aided by hammocks suspended from the ceiling. The students are never far from the floor.

The colorful hammocks, made from interlock fabric, can hold up to 1,800 pounds; they act as a soft trapeze, supporting the students as they master simple suspension techniques leading to advanced inverted poses. The workout increases agility, improves flexibility and strengthens the students' core.

"For me, this type of yoga was a natural progression from what I was doing," says Micha Adams, the certified yoga instructor and aerialist who teaches the class. "It allows me to be more flexible. But the best part is, I get to be a kid again."

*For more information, visit [YogaShelter.com](http://YogaShelter.com) or call 313-884-YOGA.*

## Marketing Products for Local Small Businesses



Cheryl Heppard, of Michigan Health Coach, has recently launched a series of business coaching products, including teleclasses, teleclass recordings and e-books. Each of these products focuses on Internet marketing techniques and local media. Heppard says she has experienced success using these techniques. "I have been featured by practically every relevant local newspaper and magazine, have had a couple television interviews, and have also filmed a cable show," she says. "I have been quoted in many articles as an expert source, and consistently draw 80 percent of my new clients through my Internet marketing techniques."

Heppard says Internet marketing is projected to be higher in 2009, as more companies look for cost-efficient techniques to gain new clients. She also offers private coaching and group lectures for sales-oriented companies.

*For more information, call Michigan Health Coach at 248-592-0869 or visit [MichiganHealthCoach.com](http://MichiganHealthCoach.com).*

If your ship doesn't come in, swim out to it.

—Jonathan Winters

## Garden Blossoms into Community Center and More

Things are looking greener in Detroit, thanks to such groups as the Georgia Street Community Collective (GSCC). The GSCC began as a free community garden in April 2008, through the efforts of Mark Covington, a lifelong Detroit resident, and Georgia Street resident who wanted to change the health, education and mindset of his neighborhood.

His efforts quickly blossomed into more than just a community garden. During the past year, the GSCC has sponsored several events: Movie Night in the Garden, Reading Night in the Garden, an Angels Night Harvest Festival, a holiday crafts event and a holiday dinner for nearly 90 people from the neighborhood. Covington says there was so much food left over that it was donated to the Detroit City Rescue Mission.

In 2009, the GSCC plans to renovate an existing building into a neighborhood store and community center. The center will give children a safe place to go after school and on weekends, where they can read, do homework and learn computer skills and crafts. The community center will also serve as a lending library and warming center in the winter for neighbors without utilities.



Learn more about GSCC at [GeorgiaStreetGarden.blogspot.com](http://GeorgiaStreetGarden.blogspot.com). To start a similar community, school or family garden, visit [DetroitAgriculture.org](http://DetroitAgriculture.org) or call Ashley Atkinson at *The Greening of Detroit* at 313-237-8736.

## Franchise Offers Affordable Massage Therapy



Some experts estimate that 90 percent of disease is stress-related. The founder of Massage Green™ agrees, noting that perhaps nothing ages us faster, internally and externally, than high stress levels.

“There is no doubt that massage therapy contributes to physical, mental and spiritual well-being and can reduce stress,” says Allie T. Mallad, founder, chairman

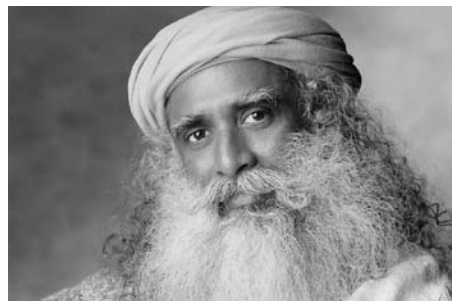
and CEO. “Massage Green is committed to reversing the aging process through therapeutic techniques that, when combined with exercise and proper nutrition, can increase longevity.”

A newly opened local Massage Green franchise, located at 23624 Michigan Avenue, in Dearborn, is now offering a one-hour massage for \$29.95. Customers can purchase six- and 12-month memberships, beginning at \$34.95 per month, that include one massage, plus additional massages at reduced rates.

All Massage Green locations are certified “green” by the U.S. Green Building Council (USGBC), a nonprofit trade organization that promotes sustainability in how buildings are designed, built and operated.

For more information, call 313-278-2200 or visit [MassageGreen.com](http://MassageGreen.com).

## Global Spiritual Leader to Hold Weeklong Workshop



Prominent spiritual leader Sadhguru Vasudev returns to Detroit to conduct a five-day Inner Engineering workshop, April 1-5, at the Hellenic Cultural Center, 36375 Joy Road, in Westland. Inner Engineering (IE) distills powerful ancient yogic methods to create harmony in the body, mind and emotions. IE trains participants in a practice called Shambhavi Maha Mudra—a very simple, but profound, process for deep inner transformation.

Referring to Michigan’s severe economic downturn, Vasudev says, “Moments of upheaval and crisis in one’s life are the times when one has to function at one’s highest capabilities. Inner Engineering is an opportunity to create inner balance and equilibrium, which gives us the strength and the vision to see that every crisis situation is also a new possibility.”

Scholarships and hardship discounts are available to those with the greatest financial need, providing an opportunity to practice techniques that can reduce anxiety and stress, while improving health and inner stability and strength.

A speaker at some of the world’s most prestigious forums, including the World Economic Forum and the United Nations Millennium Peace Summit, Vasudev is the founder of Isha Foundation, an international nonprofit, non-religious public service organization.

To register and learn more, call 1-866-424-4742 or visit [IshaFoundation.org](http://IshaFoundation.org). See ad, page 2.

## Affordable Acupuncture at Three New Clinics



Three community-oriented acupuncture clinics have opened in Wayne County recently. Detroit Community Acupuncture (DCA) is Metro Detroit's newest acupuncture clinic, located at 87 East Canfield. DCA operates a community-oriented facility, with a sliding scale between \$15 and \$35 and a one-time \$10 fee upon the first visit. "I am delighted to be back in my home state after spending a decade and a half in California," says owner Nora Madden, who grew up in Lansing and studied acupuncture and Chinese medicine in San Francisco.

Michigan Community Acupuncture is located at 35275 Plymouth Road, in Livonia, and Community Health Acupuncture Center is located at 801 Livernois Street, in Ferndale. All three centers belong to the Community Acupuncture Network (CAN), whose mission is to make acupuncture accessible and affordable. CAN's sliding fee scale feature allows patients to choose their own rate, based on their budget and how frequently they need treatments.

The three clinics have open treatment spaces where clients, fully clothed, sit in recliners. According to Madden, this efficient use of space allows friends and family members to come in together and creates a field of healing energy for all patients.

To contact any of the clinics, visit the Community Acupuncture Network at [CommunityAcupunctureNetwork.org](http://CommunityAcupunctureNetwork.org).

## Raw Food for Beginners Class

Crazy Yummy Raw will offer a one-day workshop, from 10:30 a.m. to 5 p.m., March 28, at 330 East Maple Road, Suite P, in Troy. Conducted by Sara Osborn, the workshop will cover the benefits of a raw diet to achieve ideal weight, improve health, gain clarity and brighten mood. Osborn, who confides that she once suffered from depression, says the workshop will be a "fun, educational and interactive approach to vital health through the healing power of food."



The raw food diet consists of fruits, vegetables, greens, nuts, seeds and sprouts. "Raw food cuisine is better nutritionally, because cooking depletes vitamins and minerals, damages proteins and fats, and destroys enzymes that benefit digestion," says Osborn. "Raw foods are also faster to prepare, more flavorful, and easier to clean up than cooked foods," she adds. "Many experts say that a raw diet can reverse chronic disease, reduce colds and flu and help maintain a healthy body."

The cost of the class is \$118, which includes lunch and samplings throughout the day, as well as a take-home goodie bag and a follow-up coaching session.

To register, call 248-585-0428 or visit [CrazyYummyRaw.com](http://CrazyYummyRaw.com). See ad page 31.

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## Vegan Sports Champ Salley Gives Keynote Address



NBA champion, TV and film personality and devoted vegan John Salley will give the keynote address at this year's VegFest, from 12 to 5 p.m., April 26, at Ferndale High School. The annual vegetarian tastefest and expo, formerly known as the Great American Meatout, is hosted by VegMichigan, the state's largest vegetarian group, and features vegan food from local restaurants; lectures; cooking and raw food demonstrations; exhibits; and samples and literature to promote the health, environmental and ethical benefits of a plant-based diet.

*Natural Awakenings* magazine is one of the major sponsors of the event, along with the Medicine Cabinet Pharmacy, Whole Foods Market and 93.9 The River radio.

Salley, who helped lead the Detroit Pistons, Chicago Bulls and L.A. Lakers to NBA championships, hosts the Emmy-nominated *Best Damn Sports Show Period* on Fox Sports Net. The vegan athlete says he believes that his diet choices improved his game and his life. Through ads for PETA, speaking engagements and magazine articles, he works to promote the positive attributes of a healthy, compassionate lifestyle.

Ferndale High School is located at 881 Pinecrest. Admission is \$10, \$5 for students and free for children under 6 and VegMichigan members. For memberships, discounts and details, call 877-778-3464 or visit [VegMichigan.org](http://VegMichigan.org). See ad on page 13.

## Michigan Writers Build Online Connections

Established in 2000, Motown Writers Network and The Michigan Literary Network were created to strengthen Michigan's literary community. The network's mission is to establish a connection between writers and their audience, as well as to provide education, resources and publishing opportunities for writers. Membership is free.

Based in Detroit, Motown Writers Network and The Michigan Literary Network were founded by author Sylvia Hubbard.

For more information, visit [MotownWriters.com](http://MotownWriters.com).

## Search Engine Revs Up for Internet's Best Recipes

Since 2005, FoodieView has made it easy to find good food fast, online. The search engine provides one-click access to the Internet's most popular and largest collection of vegetarian and vegan recipes and more, quickly searching all the Web's best recipe sites simultaneously.



Foodies can search by ingredient, keyword, dish name, cuisine, chef, dietary restrictions and more. The recipe search results are then sorted by relevance and user rating, so finding the most popular, promising recipes is effortless. Frequent visitors will appreciate the free recipe box tool to keep track of favorite dishes.

Users hungering for more will also find cookbook reviews, newsletters and several restaurant reviews on the website.

Learn more at [FoodieView.com](http://FoodieView.com).

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## Eastern Market Undergoes Renovations

Eastern Market has begun restoring Shed 3, which was built in 1923 and is the market's most architecturally significant structure. The shed will be returned to its original glory, with carefully integrated, energy-efficient heating for year-round use.

"The renovation of Shed 3 is part of a larger program to create a more compelling Eastern Market," says Dan Carmody, president of Eastern Market Corporation. "A fully renewed Shed 3 will provide for a much improved Winter Market and provide far greater use of Eastern Market as a unique event venue, while continuing to serve as the premier indoor shed for healthy, fresh and nutritious food."

Eastern Market was established at its current location between Gratiot and Mack in 1891. It is governed by the Eastern Market Corporation, a nonprofit agency whose mission is to make the market the "undisputed center for fresh and nutritious food in Southeast Michigan."

*Eastern Market-Detroit is bordered by St. Aubin and the I-75 service drive, just northeast of downtown. For more information, call 313-833-9300 or visit [DetroitEasternMarket.com](http://DetroitEasternMarket.com).*

Use those talents you have. You will make it. You will give joy to the world. Take this tip from nature: The woods would be a very silent place if no birds sang except those who sang best.

— Bernard Meltzer





by Lama Surya Das

I have been thinking a lot lately about acceptance and its transformative magic. It helps us become more patient, tolerant, flexible, empathic and open-minded. It brings contentment.

When we calmly observe and investigate the causes of things and the fact that nothing happens by accident, the truth reveals itself. Cultivating patience and acceptance provides the mental clarity and spaciousness that allows us to examine input before unthinkingly reacting in a way that may escalate the problem.

In taking a sacred pause, we dramatically increase the chances of making better choices and undertaking wiser actions. We simply have to remember to breathe once and relax, enjoying a moment of mindfulness and reflection before responding.

Sometimes, we may not know what to do. That is a good time to do nothing. Too often, compulsive overdoing creates unnecessary complications. In humble listening to a higher power, the way to go forward comes.

Such patience does not mean passivity. Neither does acceptance infer weakness, apathy, indifference or carelessness. We can cultivate patient forbearance and loosen our tight grip a bit by remembering the Buddhist mantra, "This too, shall pass." Ask: "How much will this matter to me next month, next year, five years from now?"

Here is one secret of spiritual mastery and inner peace, freedom and autonomy: It is not what happens to us, but what we make of it, that makes all the difference.

Unconditional acceptance is not static, but ecstatic; vibrant, dynamically engaged in and connected with reality. The spiritual hero strides fearlessly into life's depths, facing its incessantly undulating waves, without holding back. Unconditional acceptance is the kind of love Jesus spoke of when he taught us to love our neighbor, and what Buddha meant, when he said that an enemy, adversary or competitor can be one's greatest teacher.

We must first love and accept ourselves before we can love and accept others. To quote Carl Jung: "The most terrifying thing in the world is to accept oneself totally." What are we afraid of?

*Lama Surya Das, author, founder of the Dzogchen Center and leading Western Buddhist meditation teacher and scholar, is a main interpreter of Tibetan Buddhism in the West.*

## World Tai Chi & Qigong Day

On April 25, World Tai Chi & Qigong Day exhibitions and teach-ins in hundreds of cities in 65 nations on six continents will unfold, as people gracefully move into and glide through sequences of poses, practicing the age-old Chinese exercises of qigong and Tai chi. Qigong means cultivating one's vital life force energy (*qi*) over time. As a practice, it combines movement, self-massage, meditation and breathing. Tai chi is the most well-known and popular moving form of qigong; it is essentially meditation in motion.



Reported benefits of Tai chi include improved posture, balance and flexibility, muscle strength and definition, energy, stamina and agility, all while reducing stress and promoting a general sense of well-being. Since the American Heart Association reported on Tai chi's effect of lowering blood pressure in older adults a decade ago, supporting science has been emanating from the Mayo Clinic, National Institutes of Health and American Cancer Society. Extensive medical studies conducted in China underscore qigong's ability to ease chronic problems such as hypertension, allergies and asthma, and to improve cardiovascular health.

Roger Jahnke, doctor of Oriental medicine, author of *The Healer Within* and director and chief instructor of the Institute of Integral Qigong and Tai chi, says, "When you cultivate balance and harmony within yourself, or in the world—that is Tai chi. When you work and play with the essence and energy of life, nature and the Universe for healing, clarity and inner peace—that is qigong."

For more information visit [WorldTaiChiDay.com](http://WorldTaiChiDay.com).

## Wormwood Fights Cancer

Researchers at the University of Washington have discovered that a compound derived from the sweet wormwood plant (*Artemisia annua L*), an ancient herb used in Chinese medicine and in Asian salad dishes, is more than 1,200 times more specific in killing certain kinds of cancer cells than currently available drugs. The finding heralds the possibility of a more effective chemotherapy drug with minimal side effects.

Source: University of Washington, 2008



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# Healthful HERBS

## The People's Medicine

by Susan DeSantis

**H**erbs, whether prepared as extracts, infusions, compresses, poultices or tinctures, are ancient remedies garnering new public favor. A recent National Health Interview Survey by University of Iowa researchers indicates that some 38 million U.S. adults had used natural herbs or supplements during the 12-month period researched.

Relied upon for thousands of years to restore and maintain health, herbs perform several functions that help the body heal itself. They cleanse, strengthen and normalize the glands and bodily functions; provide nutrition; raise energy levels; and stimulate the immune system. High in vitamins and minerals, as well as many plant-derived chemical compounds known as phytochemicals, herbs can be compared with food, because they nourish the body and help it thrive.

According to Michael Tierra, a doctor of Oriental medicine, clinical herbalist/acupuncturist, founder of the American Herbalist Guild and author of *The Way of Herbs*, "Most modern pharmaceuticals are based on chemical constituents that were at one time isolated from the traditionally used herbs. Today, herbs serve as the basis for at least 25 percent of all pharmaceutical drugs." As just one example, the anti-inflammatory, pain-relieving phytochemicals contained in the leaves of the white willow tree are synthetically produced in the common, over-the-counter remedy, aspirin.

"Herbs have long been considered the people's first choice of medicine, and they generally work better in combinations," says world-renowned herbalist and author, Rosemary Gladstar, co-founder of Sage Mountain Herbal Retreat Center and Botanical Sanctuary, in Vermont. She explains that, unlike allopathic medicine's release of drugs into the human system as "single silver bullets," which can create havoc in the body, herbal formulas contain a mixture of herbs,

acknowledging that a single herb may have an effect that is too strong or a set of effects is desired that no one herb can provide.

"This makes sense," says Gladstar, "since humanity has co-evolved with plants. Plants and people are interrelated, just like our body parts and the symptoms that we experience." She notes that this means several herbs are usually needed to affect each aspect of a health challenge, although there are exceptions where a single herb is used for a particular condition.

"The constituents of herbs, which constitute foods for our bodies on a cellular level, work over a period of anywhere from one to six months, as guided by your practitioner," says Mary Light, naturopathic doctor, master herbalist and director of the Gaia School of Herbal Studies, in southeast Michigan.

"Herbs provide a nutritive, health-building, 'toning' action," she notes. "They are not drugs, and should not be considered solely for their pharmacological action"

A rule of thumb cited by Light is to take the proper dosage of herbs to strengthen certain body systems within the overall context of general holistic health practices. This includes a whole foods diet; therapeutic movement and exercise; and avoidance of pollutants, additives and stress. These practices support one another, while regenerating healthy body tissue and rejuvenating mind and spirit. To the herbalist, this is the pathway to healing.

Light makes a point of educating her clients about the herbs they choose. "Herbs have been re-emerging strongly as an alternative health presence for the past 20 years," she observes. "Consultant herbalists are trained to work closely with their clients concerning such things as dosage, frequency, herbal actions, reactions and dietary compatibility."

Many pharmaceutical drugs conflict with natural body processes, so it is vital that people are aware of potential dangers when mixing herbs with pharmaceuticals on their

own. This is a key reason why consulting a knowledgeable herbalist is essential.

Sometimes, a choice between an herb and a drug is necessary. "More than 85 percent of my clientele is seeking alternatives to pharmaceutical drugs for their healthcare—and this is doable in many cases," conveys Light, who suggests that allopathic practitioners study traditional herbal practices with trained herbalists. She notes that a variety of good schools, programs and annual conferences throughout the United States provide good sources of beginning and continuing education.

Gaining a thorough knowledge of traditional herbal arts and sciences requires many years of study though, so Light recommends that allopathic physicians, nurses and other practitioners, like chiropractors, consult with trained and experienced herbalists and vice versa. "This will eventually lead to an increase in true integrative healing and health practices," she advises.

"Herbs are inexpensive and readily available," concludes Gladstar. "As the people's medicine, the wisdom inherent in the plants continues to be passed down in the community from one generation to the next."

*For more information visit The Herb Research Foundation at Herbs.org or Herbalpedia at Herbnnet.com.*

*To connect with Rosemary Gladstar, visit SageMountain.com.*

*Contact Michael Tierra at PlanetHerbs.com.*

*Contact Mary Light, a naturopathic doctor, master herbalist and director of Gaia School of Herbal Studies, at Gaia-HerbalStudies.net or MaryLightNaturalMedicine.com. Gaia School, in Washtenaw County, has been serving the Great Lakes region since 2004. Classes, certification programs, home study certification, events, tours and a Green Girls program are offered.*

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Thur, April 23 \* Loving What Is Workshop

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## The Case Against Homework

### Family Benefits of a Reality Check

by Sara Bennett

These days, beginning as early as kindergarten, homework is a consuming nightly activity.

According to a 2006 joint National Education Association/Leap Frog report, on average, children ages 8-13 work at it from 1½ to 1¾ hours a night. Most require almost 3 hours of help a week from their parents. It's no wonder that parents complain about homework almost as much as, or more than, their children.

Their complaints are well founded. A 2006 Duke University review of more than 180 research studies found that there's virtually no correlation between homework and academic achievement in elementary school. Even in middle and high school, the only correlation is that students who do their homework do better on teacher-created tests and grades. But no proof supports the misperception that homework helps with such long-term educational goals as creating life-long learners who are creative and analytical thinkers.

Many short-term education goals aren't strengthened by homework either. Consider the time-honored tradition of weekly word study for a spelling test. As early as the late 19th century, research has found no link between the time spent on drills and student performance. That's why, as so many teachers and parents know first-hand, students who can spell a new word on Friday won't be able to incorporate it into their writing, or even remember how to spell it, the following Monday.

Similarly, endless math problems serve no educational purpose. According to the U.S. Department of Education, children can demonstrate mastery in just

five problems. If they can't, they need more guidance from the teacher, not more and more problems they can't solve.

Further, homework's most lauded benefits—developing responsibility, self-discipline and motivation—have never been formally researched.

Unfortunately, homework takes up time that could be spent in ways that better contribute to a child's overall health, well-being, and intellectual development. For example, young children—and teens, too—need plenty of time to play. That's how they make sense of the world and their place in it.

Play is at such a premium these days that the American Academy of Pediatrics has lamented the current trend of eliminating recess in elementary school. Its January 2009 report found that when students get 15 minutes of recess, their in-class behavior and performance improve dramatically.

Homework is also the number one reason why reading for pleasure declines at age 8, according to a 2006 Scholastic/Yankelovich poll. Yet reading, educators agree, is the most important intellectual activity of all. That's how students learn to spell, write, analyze, and gather background knowledge that helps them develop into critical thinkers.

The National Endowment for the Arts also has found that "Reading is an important indicator of positive individual and social behavior patterns." According to its research, readers volunteer, attend arts and sports events, do outdoor activities and exercise at higher rates than non-readers.

Other casualties of homework overload include socializing with family and friends, family dinners, exercise, outdoor activities and sleep—all important facets of a balanced childhood and adulthood. Indeed, according to a 2001 study by the University of Michigan, family meals are the single strongest predictor of better

achievement scores and fewer behavioral problems for children ages three to twelve. John Medina writes in *Brain Rules* that sleep deprivation, a bane of many school-aged children, affects children's overall mood, as well as their ability to pay attention and use abstract thinking skills.

Across the country, parents and schools are beginning to seek solutions. A principal in Wyoming who abolished homework at her elementary school in the fall of 2007, said, "Not having homework isn't hurting. Our test scores continue to rise." High schools are beginning to coordinate assignments, place limits on homework and even abolish homework-heavy advanced placement classes. And, parents are banding together to make sure that their children get recess and some time at the end of the school day to just be children.

*Sara Bennett is the co-author of The Case Against Homework: How Homework Is Hurting Children and What Parents Can Do About It and the founder of Stop Homework, a not-for-profit project dedicated to advocating for homework reform. To find out more about what parents and schools are doing, visit [StopHomework.com](http://StopHomework.com).*

## How to Tame Monstrous Homework

by Sara Bennett

- Focus on what's important for your children. If you want them to have unstructured time to dream and find their interests, make sure that happens.
- Don't worry about their getting all A's in school. Don't worry so much about their grades.
- Make sure they get plenty of sleep.
- If your children are spending too much time on homework, or it's causing too much family conflict, let your children do something else and write a brief note to the teacher.
- Let your children read whatever they want. Their vocabulary, writing, spelling and analytical skills will improve much more if they read voraciously than if they spend that same time on vocabulary and spelling sheets.
- Talk to other parents about the homework problem and then talk to the school.

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# globalbriefs

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## People's Wisdom

### World's Citizens Want Renewable Energy

From Buenos Aires to Nairobi and Beijing, 77 percent of the population in 21 nations polled by the University of Maryland said their governments should put more emphasis on solar and wind energy systems. Sixty-nine percent said utility companies should be obliged to use more renewable energy sources, "even if this increases the cost of energy in the short run." Yet, the poll also suggests that an increasing number of people believe that a shift away from fossil fuel toward renewable energy sources offers practical and immediate economic benefits.

"I was struck by the consistency and strength of support," says Steven Kull, head of the Program on International Policy Attitudes at the University of Maryland. "People think of this as an investment and a transition." *Sustainable-Business.com* reports that total new investment in clean energy worldwide rose 4.4 percent during 2008, exceeding the \$150 billion mark for the first time.

Source: The Christian Science Monitor



## People's University

### Celebrating Libraries' Contributions to Community



A year past the half-century mark, this year's theme for National Library Week, April 12-18, "Worlds Connect @ Your Library," aptly characterizes the essential role that public, academic and special libraries play in our communities. As Project for Public Spaces reports, "If the old model of the library was the inward-focused reading room, the new one is more like a community front porch."

These welcoming institutions not only foster the habit of reading in both adults and children, they teach us how to become savvy in accessing, evaluating and using information. With almost all U.S. public libraries now online, these continuing bastions of democracy provide access to onsite and global resources to all people, regardless of their ability to pay. Onsite English as a Second Language classes support immigrants in becoming productive citizens. Libraries also increasingly serve as the social gathering places that early public library advocate and builder Andrew Carnegie envisioned. They can even be a fulcrum for renewal in cities and neighborhoods.

Check with local libraries for schedules of special events, classes, lectures, book talks, children's programs and other activities.



## Ballad of Thoreau

### Earth Day on Walden Pond

Earth Day Network is joining with playwright Michael Johnathon in exploring the vital role we each play in protecting the Earth by living more simply and preserving natural environments in our home communities. *Walden: The Ballad of Thoreau* will stream online via *EarthDayTV.net* and be broadcast over public TV and radio and in theaters on Earth Day, April 22. To date, 7,200 schools and community theatres have performed the play in 35 countries, bringing to life the lessons of Henry David Thoreau, father of the environmental movement in America.

Thoreau's records of Walden's plant species from 1851 to 1858 provide a baseline for today's naturalists. They report that 27 percent of this Concord, Massachusetts pond's flowers have vanished. Another 36 percent are on the brink. Boston University scientists report that the average annual temperature there is now 4.3 degrees higher, due in part to surrounding asphalt and buildings, causing species that can't adapt to earlier bloom times to die out because spring pollinators are arriving earlier, as well. Climate change is throwing off the synchronicity of nature.

Evolutionary biologist Charles Davis notes that "Major branches in the tree of life are being lost, groups that we all know and love: dogwoods, orchids and members of the lily and rose families."

For more information visit [WaldenPlay.com](http://WaldenPlay.com).

# WELCOME TO *Green Collar* AMERICA

A WORKABLE WAY TO NEW JOBS AND  
SUSTAINED RECOVERY

by Brita Belli

Illustrations by Joe Weissmann

Yes, the traditional American economic picture is bleak, with every major sector—retail, banking, automotive and construction—reporting record job losses.

Twenty-two of the 30 companies comprising the Dow Jones industrial average have reported job losses since the economy began crumbling in October 2008, including industries that many experts thought were strong enough to weather the storm; even construction equipment manufacturer Caterpillar announced 20,000 jobs would be cut on January 27, and pharmaceutical giant Pfizer announced 8,000 job cuts the same day. That month, the nationwide unemployment rate reached 7.6 percent, its highest level since the 1980s recession.

But, the previously nascent green economy is taking shape, bringing with it the promise of new jobs.

Among these will be well-paying manufacturing jobs; management and sales opportunities with huge growth potential; and abundant niche positions for enterprising students and others seeking alternative careers. On the upper tiers of the economic ladder, many CEOs and CFOs are already jumping into green jobs. Online green job directories are heavy with listings for those with pertinent business experience.





## Government Stimulus

To jumpstart this new green economy, much hope rests upon the economic stimulus package called the “American Recovery and Reinvestment Plan,” which President Obama signed into law in February 2009, and with the business expansion and job creation that legislation promises. By directing federal money to infrastructure building and clean energy, President Obama’s administration has pledged to use the \$787 billion authorized in the bill to rebuild the American economy and with it, the struggling middle class.

The ambitious goal of that legislation is the creation of 3.5 million new jobs, some of which will directly contribute to the country’s renewable energy future. The idea is that the stimulus package can solve two problems simultaneously: getting Americans the dependable, well-paying work that will allow them to support their families and stay in their homes; and redirecting the U.S. energy picture away from dirty, polluting fossil fuels like oil and coal and into clean, renewable energies like wind and solar.

“This is a green and bold stimulus package that will help our economy and protect our environment,” said Representative Edward J. Markey, who chairs key energy and global warming panels in the House.

By adding critical job training skills to reach those in greatest need—inner-city kids, former inmates and welfare recipients among them—Van Jones, founder and president of Green For All, believes the federal economic stimulus effort can go even further—to fight poverty and pollution, simultaneously. His nonprofit advocacy organization is dedicated to building an all-inclusive, green economy.

“There’s this whole invisible infrastructure, trying to get people who need jobs connected with work,” says Jones, who also authored *The New York Times* 2008 bestselling book, *The Green Collar Economy: How One Solution Can Solve Our Two Biggest Problems*. “There are vocational training centers, return-from-prison work centers and community colleges. But none of that infrastructure is pointed at the green economy.” He’s out to change that.

**The goal of the legislation is the creation of 3.5 million new jobs, some of which will directly contribute to the country’s renewable energy future.**

**To make corporations more responsive to environmental, human rights and health issues, corporate responsibility advocates have persuaded some corporations to move from thinking solely about profits to the three P’s—people, planet and profits.**

The stimulus package responds by including language from the *Green Jobs Act of 2007*, part of that year’s larger *Energy Savings Act*. It includes \$100 million for worker training in upgrading the nation’s electrical grid, and up to \$500 million for renewable energy and electric power transmission projects, with provisions that all laborers and mechanics are paid fair wages. Another \$750 million is designated for competitive grants for “worker training and placement in high growth and emerging energy sectors.” Some \$250 million is directed toward building Job Corps Centers around the country, which the legislation notes “may include training for careers in the energy efficiency, renewable energy and environmental protection industries.”

On a larger scale, \$16.8 billion of the federal package is directed toward energy efficiency and renewable energy research and projects that include: advanced batteries to power plug-in, hybrid vehicles; geothermal and biomass projects; wind and solar installations; building weatherization; modernizing the electrical grid; and environmental cleanup.

A February 2009 report by Good Jobs First, a smart growth advocacy group, cautions that, in the rush to create a quantity of jobs, it’s crucial that we pay sufficient attention to the quality of those jobs.

## Private Sector Progress

In its *State of Green Business 2009*, Greener World Media asks the tough questions that must be addressed. Are we moving far enough, fast enough? Do current initiatives represent true transformation? Or, are we just nibbling at the edges of national and global problems?

Joel Makower, chairman and executive editor of Greener World Media and the editors of its flagship *GreenBiz.com*, see optimistic signs that the shift to a green economy is real. For example, green building is on the rise, spurring new technologies that save energy and money, while creating more healthful workplaces. The automobile industry seems finally engaged in a green race to introduce electric vehicles.

# On-the-Ground Training

## Where Students and Graduates Go to Get Their Hands Dirty

### Environmental Leadership Program

Washington, D.C.,  
202-332-3320, [elpnet.org](http://elpnet.org)

*Offers training, mentoring and fellowships to environmental activists and professionals.*

### Green Corps

Boston, Massachusetts,  
617-426-8506,  
[GreenCorps.org](http://GreenCorps.org)

*Trains young people in the skills and strategies of grassroots environmental organizing and advocating for green job creation.*

### The National Council for Science and the Environment

Washington, D.C.,  
202-530-5810, [ncseonline.org](http://ncseonline.org)

*Offers three- to six-month internships for students and recent graduates assisting in outreach to academic, governmental, business and civil society communities.*

### Student Conservation Association

Charlestown, New Hampshire,  
603-543-1700, [thesca.org](http://thesca.org)

*Offers conservation internships to more than 3,000 individuals each year, including high school and college students.*

Leading makers and retailers of consumer products are starting to more rigorously assess the environmental impacts of their products and signaling suppliers that tomorrow's goods must hew to higher levels of environmental responsibility.

Building on the possibility offered by such public and private investment, along with the promise of a true, "green collar," workforce, government officials joined with thousands of labor, environmental and business advocates in Washington, D.C., February 4 to 6, for the Good Jobs Green Jobs National Conference and public expo, dedicated to exploring emerging green-oriented career paths. It was sponsored by the Blue Green Alliance, an unprecedented national partnership formed in 2006 between the Sierra Club and the United Steelworkers Union.

Kevin Doyle, president of green consulting and training company Green Economy, advises that the government's initial investment is only meant to be a launch pad. "The federal government serves best as an innovative leader," he counsels. "Money from the private sector should be at least five times that much."

## Green on Top

"CEOs and senior level executives across a broad spectrum are entering the environmental field in droves," says Rona Fried, founder and president of *SustainableBusiness.com*, which includes a "Green Dream Jobs" online directory. Corporations need strong communicators as they build environmental strategy into their policy, partner with nonprofits and work to respond more quickly to rising public concern over environmental issues.

"Many companies have environmental managers, who are now being upgraded in terms of status," says Dan Esty, co-director of the Center for Business and Environment at Yale University, and co-author of *Green to Gold: How Smart Companies Use Environmental Strategy to Innovate, Create Value and Build Competitive Advantage*. "To be a successful manager, you need good analytical skills, to understand the environment in a business context—as a core business strategy."

The 300 largest corporations are now in the initial stages of crafting a new social frontier, writes author Bruce Piasecki, in *World Inc.* "Business first seeks to sustain and further itself," he notes from his perch as president and founder of his consulting firm, American Hazard Control Group, "but this revolution has the side benefit of being good for us all."

## Turning Blue and White Collars Green

The 10 Midwestern states perhaps suffering most from the disintegration of the country's traditional middle class are ideally suited for wind energy development. According to the Environmental Law and Policy Center, they could jointly realize nearly 37,000 new jobs by 2020 if the nation's renewable energy portfolio were set to 22 percent.

A University of California at Berkeley study update in 2006, "Putting Renewables to Work: How Many Jobs Can the Clean Energy Industry Generate?" projects that the renewable energy industry could consistently produce more jobs per megawatt of electricity generated—in construction, manufacturing, installation, operations and management and fuel processing—than its fossil fuel industry counterpart. Given a 20 percent national renewable energy standard that includes 55 percent wind energy, that could equal 188,018 new jobs by 2020.

Kate Gordon, co-director for the Apollo Alliance, a nonprofit working for American energy independence, summarizes the point. "There's been a wholesale loss of manufacturing jobs, which are union-protected, highly skilled jobs.

But with wind turbines, solar panels, energy-efficient retrofits—there's a whole world of green jobs. It's pretty exciting, if you can harness it."

Doyle advises that there are two key strategies. One is to look at what skills are needed by all industries to solve environmental problems. All need, for example, information management and financing. "So much starts with gathering huge amounts of data," Doyle says. This includes jobs in information technology, geography and statistics.

Similarly, whether a nonprofit, government agency or business is looking to purchase open space or evaluating smart growth versus sprawl, they need to find funds. This opens up a host of jobs, including sector analysts, green accountants, government finance officers and foundation managers.

The second strategy for green job seekers is to, "Pick a niche without any sense of ideological blinders," advises Doyle. Someone wanting to "fix" climate change would investigate the major sources of carbon emissions—power plants, automobiles and gas flares—and focus on finding solutions within these polluting industries.

Perhaps the report at *Stateof-GreenBusiness.com* summarizes it best: "To achieve their increasingly ambitious environmental goals, companies will need to educate, engage, empower and activate their employees to think and act green. And, learn from them, too, recognizing that when it comes to running a leaner, greener business, no one knows where the waste and inefficiencies lie more than those on the front lines. Despite all the oft-repeated dictums about 'top-down' and 'bottom-up' management techniques, effectively greening the corporation sometimes requires that companies learn how to lead from the middle."

*Brita Belli is the editor of E/The Environmental Magazine, where portions of this article and sidebars first appeared.*

fitbody

# Kettlebells

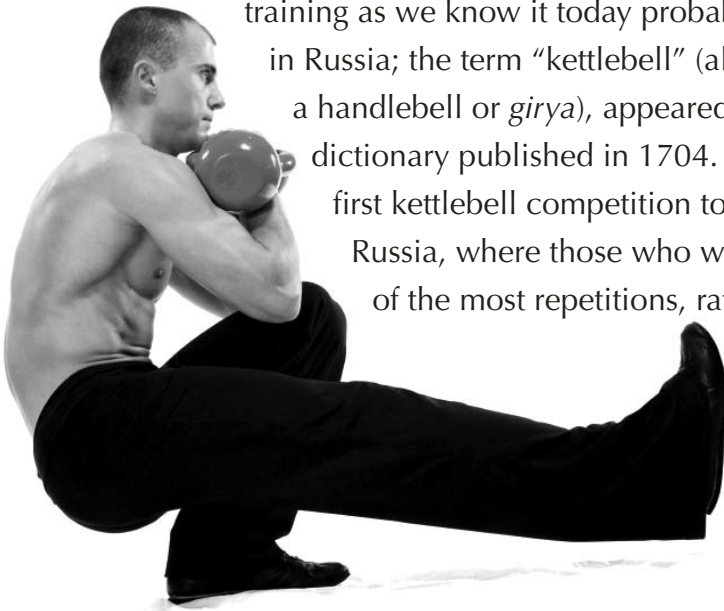
## Work Muscles in Concert

by Tony Stanza

The oddly shaped kettlebell—which looks like a flat-bottomed cannonball with a handle—has a long, rich history in physical culture, possibly dating back to the ancient Greeks. Kettlebell

training as we know it today probably originated in Russia; the term "kettlebell" (also known as a handlebell or *girya*), appeared in a Russian dictionary published in 1704. In 1948, the first kettlebell competition took place in Russia, where those who were capable of the most repetitions, rather than

"one-rep strength," became champions.



Today, Kettlebell Sport, known in Russia as Girevoy Sport, continues to flourish in Eastern Europe and Russia and is making its mark in North America. Through the United States Girevoy Sport Federation and North American Kettlebell Federation, individuals can now compete in the sport without traveling to Moscow.

Although the kettlebell has been favored by some of the greatest strongmen of all time—Arthur Saxon, Eugene Sandow, Louis Cyr and elite Olympic athletes—it's also a useful fitness tool for average individuals. Men, women and teenagers who want to develop muscle strength, size, tone, coordination and flexibility can practice kettlebell training to obtain higher levels of fitness and health.

Modern kettlebells are cast iron weights, often encased in vinyl, that range from 4 kilograms (about 9 pounds) to 44 kilograms (about 97 pounds). The swinging movements and press-and-pull exercises used in kettlebell training require

greater core muscle stabilization than similar movements with weights like dumbbells. This full-body integration makes kettlebells ideal for sports conditioning.

Full-body exercises are important to overall fitness, because people's movement patterns are seldom isolated in real life and kettlebells use a broad range of body motion. This helps develop better muscular balance, joint stability and functional strength, making them excellent functional fitness training tools.

Training for functional strength marks a departure from other popular fitness philosophies of the recent past. Weightlifting techniques, for instance, encouraged bodybuilders to isolate muscles or muscle groups and strengthen them separately, as they focused on lifting progressively greater weights. Calisthenics-based workouts have been replaced by more complicated, stylized routines that no longer combined muscle-building and cardiovascular exercise.

Kettlebell training, by contrast, embraces and connects the entire body in movement, training muscles to work in concert; in integration, rather than isolation. The resulting functional strength makes everything easier, from sports and working out to daily chores, like



**Full-body exercises are important to overall fitness, because people's movement patterns are seldom isolated in real life and kettlebells use a broad range of body motion. This helps develop better muscular balance, joint stability and functional strength, making them excellent functional fitness training tools.**

carrying groceries and reaching into overhead cabinets.

Kettlebell training also helps to improve grip strength and increase muscular and cardiovascular stamina. Regular practice helps define and strengthen the back, shoulders, chest, arms, legs and hips; improves the fat-to-lean body mass ratio; and promotes flexibility.

At the Detroit Athletic Club (DAC), where members can choose from among squash, handball, racquetball, basketball, swimming, golf and bowling, kettlebells are key conditioning and training tools; they have kettlebells ranging from 10 to 80 pounds. DAC trainers also can develop programs that employ kettlebells to improve athletic performance in sports such as tennis, rowing, sailing, hiking, climbing, running, skiing and snowshoeing.

Because kettlebells demand practice, practice, practice, an experienced personal trainer is recommended. Combining kettlebells with traditional exercise equipment, including dumbbells, medicine balls, bands and cables, creates a variety of fresh, interesting routines proven to promote overall body fitness.

*Tony Stanza is the personal training manager at the Detroit Athletic Club. For more information call 313-963-9200 or visit TheDAC.com.*



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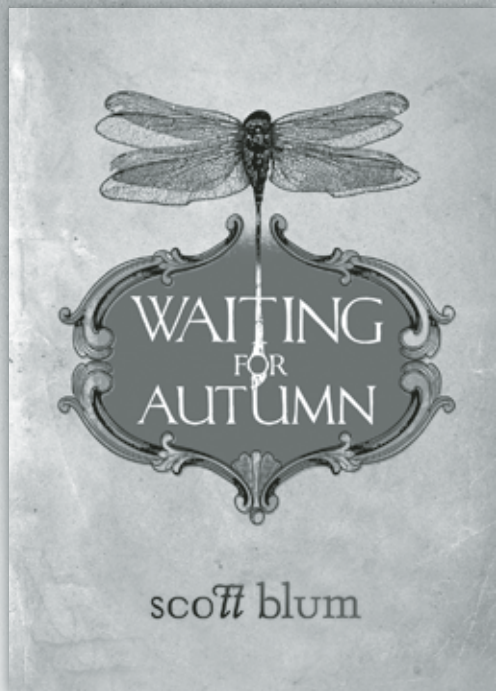
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## EVERY SO OFTEN A BOOK COMES ALONG THAT TOUCHES YOUR SOUL...

In the tradition of the best-selling *Eat, Pray, Love* and spiritual classics such as *The Alchemist*, *Way of the Peaceful Warrior*, and *The Celestine Prophecy*, *Waiting for Autumn* (Hay House, hardcover, April 7, 2009) is an enchanting semiautobiographical parable that reveals a deep and powerful message. The book follows Scott, an inquisitive seeker who meets a mysterious cardboard-sign-toting homeless man named Robert with a penchant for changing lives.

Sparked by the unconventional wisdom of Robert (with a sleepy black Lab puppy at his side), Scott is thrust into a spiritual adventure where he attempts to heal his past while confronting the spirit of his dead fiancée. He ultimately faces an extraordinary dilemma between his spiritual calling and earthly responsibilities.

Join Scott on his unique journey of self-discovery, into unseen worlds where various healing and spiritual modalities are revealed, including shamanic soul retrieval, energyhealing, conscious eating, nature-spirit communication, kirtan, ancestral healing and more. This metaphysical pageturner is a fascinating exploration of one humble soul's profound awakening with a surprise ending that will warm your heart.



**Scott Blum** is an author and the co-founder of the popular inspirational website DailyOM. He is also a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with Madisyn Taylor—his wife, business partner, and soul mate.



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## Great Cooking Oils

As Good as Liquid Gold

by Monika Rice



All oils, by definition, are pure fat, but not all oils are created equal. Though many of us are accustomed to choosing easy to find vegetable and olive oils, intriguing options are showing up on grocery shelves across the country. Oils of grape seed, sesame, coconut, peanut, walnut, safflower, pumpkin and sunflower now greet us. With so many unfamiliar choices, we need to be aware that some oils are more useful than others, in terms of light, healthy and flavorful cooking.

### Bottled Benefits

“Fats and oils can be among the healthiest substances in your diet,” advises nutritionist Ann Louise Gittleman, Ph.D., “but only if they’re organic.” She notes that oils in conventionally grown seeds and nuts can be “a storehouse of fattening pesticides.” Like other nationally certified foods, organic oils produced without toxic and persistent pesticides are clearly preferable.

Liquid at room temperature, most oils are a blend of saturated, polyunsaturated and monounsaturated fatty acids, with the exception of coconut

oil, a plant oil comprised mostly of saturated fatty acids, which is solid at room temperature. Its composition makes coconut oil safe for high-heat cooking and searing, without risking oxidation of the oil and the introduction of free radicals into the food, a risk when oils high in polyunsaturated fats, such as walnut and sunflower oils, are exposed to high heat.

Canola oil rates high among nutritionists and physicians because it, too, can help lower the risk of heart disease. Extracted from rapeseed, a plant in the cabbage family, its generous helping of omega-3s helps qualify it as the best fatty acid composition (good versus bad fat) among oils. Its mild taste also makes it a preferred selection for cooking and baking.

Look for organic, expeller-pressed brands of canola oil, advises Dr. Andrew Weil. “When extracted

with chemical solvents or high-speed presses that generate heat, canola oil’s fatty acid chemistry is altered in undesirable ways,” he says.

Olive oil, a top-seller around the world, is renowned as the Mediterranean secret to good health and long life. Its distinct flavor complements multiple heart-healthy ingredients. Research attributes olive oil’s particular benefits to its monounsaturated fat content, which can lower the risk of heart disease by reducing cholesterol levels. It’s also a good source of vitamins E, A and K, and abundant in polyphenols, a powerful class of antioxidants.

### Flavor Factors

Oils pack plenty of flavor punch, so small amounts can go a long way. Few are as multitasking as olive oil. Extra virgin olive oil, the least

Heating olive oil does not diminish its nutritional value, but does weaken its flavor. Many chefs choose virgin olive oil for cooking, saving extra virgin varieties for cold dishes and for flavoring.

## Caper and Olive Tapenade

5 tablespoons capers  
½ cup green or black olives  
2 flat anchovy filets, or to taste  
4 garlic cloves  
½ cup extra virgin olive oil



Coarsely chop ingredients or blend in a food processor. Spoon the spread over slices of crusty French or sourdough bread, serve as a dip with vegetables, or use as a savory sauce over pasta.

Source: [OliveOilSource.com/recipes.htm](http://OliveOilSource.com/recipes.htm)

processed and most flavorful type, works best in unheated dips or sauces, salad dressings and marinades. Virgin olive oil, slightly more acidic, is useful for general cooking.

Russell Scott, certified master chef and executive chef at Isleworth Country Club, in Windermere, Florida, and a former associate professor at the Culinary Institute of America, lauds olive oil's versatility. "There are lots of varieties," he advises, "and it has a great flavor that holds up during cooking."

Nut oils like walnut and almond are also favorites of Scott. Though many have strong flavors, most have low smoke points, so Scott suggests adding them at the end of cooking. "Just a drizzle can wake up a dish," he notes.

Seed oils burst with distinctive tastes, too. Pumpkin seed oil, a recent addition to American cuisine, is a polyunsaturated powerhouse of antioxidants. Try it as a memorable, last-minute seasoning for fish or a delectable enhancement to steamed vegetables. Grapeseed oil, high in heart-healthy vitamin E, has a high smoke point, so it's good for stir-frying and sautéing. Its light, nutty and slightly fruity taste is the perfect foil for fruit salads or baby greens that might be overpowered by olive oil's more robust flavor.

Untoasted sesame seed oil is another culinary multitasker with a high smoke point, although toasted sesame oil is usually used as a flavoring agent only, rather than in cooking. European or cold-pressed sesame oil is light in color and nutty in flavor; the Asian variety is made from toasted seeds, giving it a darker color and more pronounced taste.

A final tip: For the optimum culinary adventure, choose oils in glass bottles to avoid the risk of the oils interacting with chemicals found in plastic containers and to ensure the freshness and genuine flavors of the product.

Primary sources:

[OliveOilSource.com](http://OliveOilSource.com); [MedicalNewsToday.com](http://MedicalNewsToday.com); [MayoClinic.com](http://MayoClinic.com); [CoconutResearchCenter.org](http://CoconutResearchCenter.org), [DrWeil.com](http://DrWeil.com); [TheEpicentre.com](http://TheEpicentre.com).



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# Five Ways to Celebrate Earth Day

## Invest a Day to Connect with Our Blue Planet

by Gregg & Angela Newsom

Earth Day is a wonderful opportunity for each of us to discover new ways to reestablish or deepen our connection with the Earth. This year, as we all revel in the return of spring after a long cold winter, here are five ways to keep your personal relationship with the Earth in mind.

### Grow Your Own

Start your own garden. Whether large, small or even potted, this is, hands-down, the best way to reconnect to Mother Earth. Many can recall how, during our early learning, we planted seeds in little cups of dirt and over time, observed in great wonder how a sprout reared up from the soil. We can easily rekindle this sense of wonder by growing some of our own food. It doesn't matter if you own a home or rent a loft—you can set aside a small area of the yard or purchase some large plastic pots or pottery to get started.

Another way to make a connection is to become involved in a community garden. Even caring for houseplants nourishes physical and emotional well being; getting your hands dirty by growing your own food takes this a step further. Nothing tastes better than food you've had a hand in growing. The Detroit Garden Resource Program, a local gardening support group, is here to help new home gardeners. Visit [Detroitagriculture.org/garden\\_resourceprogram.htm](http://Detroitagriculture.org/garden_resourceprogram.htm).

### Composting

We began composting several years ago, and now gladly share our surprise

at how much it increased our awareness of the Earth and our attentiveness to the cycle of life. Initiating an established routine of composting in early spring prepares the way for effective composting in warmer weather.

For example, keep a five-gallon bucket, fitted with a tight lid, in your kitchen. In March, begin piling in all produce cuttings, coffee grounds, etc. In the summer, we use recycled produce bags or soy milk containers to store smaller amounts in the kitchen and move the larger bucket outside, near the garden. If you do not have your own garden and wish to share your compost, many community gardens and local farms happily accept it. Be sure to ask for the garden or farm's composting guidelines. [HowToCompost.org](http://HowToCompost.org) shares many ways to compost.

### Follow the Moon

In a fast-paced, modern world, the idea of tracking the moon's cycles may seem almost primitive, yet we have found it a powerful ally in our quest to continually reconnect with nature. The moon guides modern farmers, as it did the ancients, in the best times for seeding and harvesting. It influences the ebb and flow of Earth's waters, and we

believe it may influence our physical bodies, as well.

Picking up a calendar that details moon phases can help. *The Moon Connection* ([MoonConnection.com/moon\\_phases\\_calendar.phtml](http://MoonConnection.com/moon_phases_calendar.phtml)) is one online resource. However, if you are Web savvy, you can find a plethora of tools and gadgets that will keep you aware of not only Earth's moon, but also daily times for sunrise and sunset.

Because farmers traditionally plant on the new moon and harvest on the full, we've translated this into our lives by beginning projects and establishing personal goals on the new moon and celebrating our progress on the full. These rituals have been helpful and kept our lives in closer connection with the world around us.

### Buy Local

With the economic decline, everyone we know has started to pay a bit more attention to the origin of their purchases. We can take an active role in developing local resilience to hard times by seeking out local products.

Increasing the percentage of local goods that you purchase grows the



local economy and reduces the amount of energy used to transport them. It also provides increased opportunities to interact and share with the people who grow the food and make the supplies we need. *Sustainable Connections* ([SConnect.org/thinklocal/why](http://SConnect.org/thinklocal/why)) offers 10 reasons to buy local.

## Change Your Diet

One of the top contributors to global warming is animal agriculture. Rising carbon dioxide, methane and nitrous oxide emissions are released by the massive quantities of animals raised on factory farms. Consuming one pound of such meat is estimated to emit the same amount of greenhouse gasses as driving an SUV 40 miles.

As an alternative, studies by the *University of Chicago* and the *Food and Agriculture Organization* of the United Nations suggest that adopting a vegetarian diet is the most effective way that an individual can reduce global warming. The Physicians Committee for Responsible Medicine ([pcrm.org](http://pcrm.org)) is an excellent health and nutrition resource for those considering a transition to a plant-based diet.

Our own vegan diet (eliminating all animal byproducts, including eggs and dairy) has benefited our overall health and reduced our healthcare costs. We also save significant grocery money and enjoy supporting local farmers by seeking out nearby sources of grains, fruits and veggies for our table.

Our hope is that everyone in our community will find their own suitable ways to enjoy the many benefits of growing closer to Earth's bounty.

*Gregg & Angela Newsom founded the Detroit Evolution Laboratory in the historic Eastern Market in 2007. Dedicated to the health, joy and liberation of all beings, "The Lab" promotes active, aware, healthy and sustainable vegan and raw food lifestyles in the city. Connect at 313-316-1411 or visit [DetroitEvolution.com](http://DetroitEvolution.com).*

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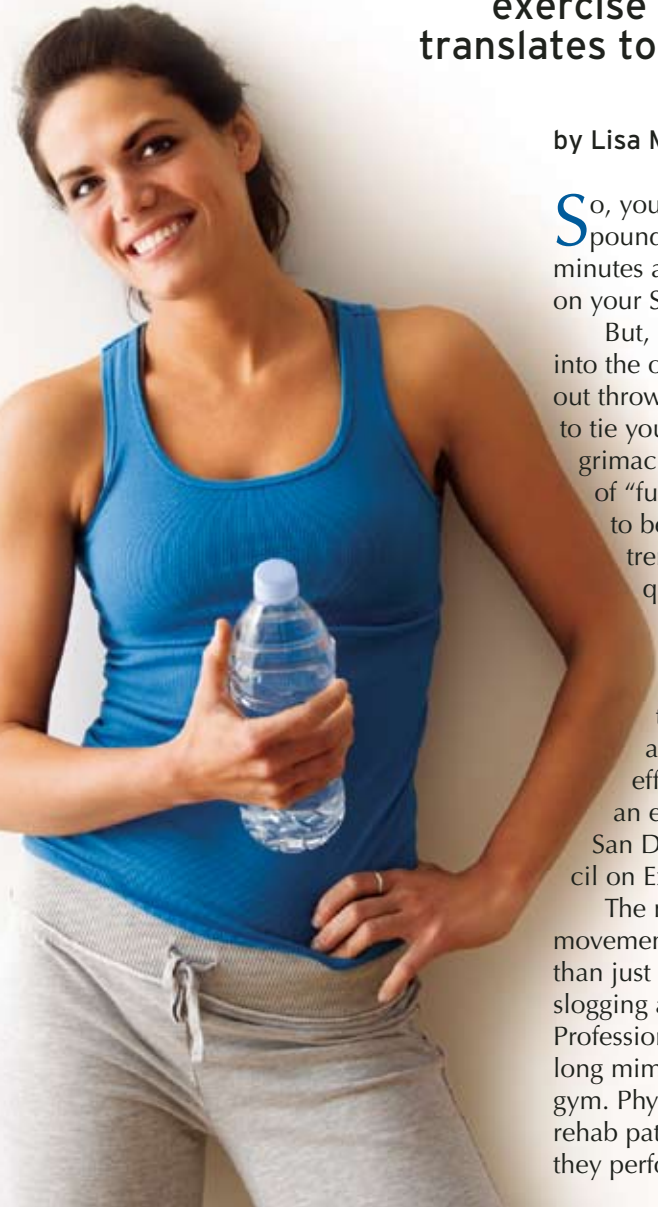
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# Functional Fitness

exercise that translates to real life

by Lisa Marshall



So, you can bench press 200 pounds, run 10 kilometers in 45 minutes and turn heads when you slip on your Speedo.

But, can you hoist your suitcase into the overhead compartment without throwing your back out, or squat to tie your toddler's shoes without grimacing? According to advocates of "functional training"—predicted to be among the hottest fitness trends in 2009—these are the questions and answers that *really* matter.

"Functional training is about doing exercises that assist you in performing activities of daily living more efficiently," says Fabio Comana, an exercise physiologist with the San Diego-based American Council on Exercise (ACE).

The notion of practicing everyday movements during a workout, rather than just bulking up with weights or slogging away on the bike, is not new. Professional golfers and skiers have long mimicked swings or turns in the gym. Physical therapists often ask rehab patients to practice the motions they perform most at work. But, only

in the past decade has the idea of functional training reached the general population.

The updated philosophy has transformed everything from the way some weight machines are made (with more freedom of movement) to the types of equipment used in classes (think lightweight medicine balls, kettlebells, resistance bands and Bosu balls) and the everyday moves trainers ask clients to do.

In November 2008, the IDEA Health and Fitness Association, a trade group for health clubs, listed functional training among the top trends for 2009. This spring, the nonprofit ACE will travel the country, hosting workshops from Ann Arbor, Michigan to Portland, Oregon to teach personal trainers how to safely incorporate functional fitness into their classes.

"It's a whole new paradigm in fitness," observes Juan Carlos Santana, a Florida-based trainer who creates functional fitness videos. "It can be done with easily accessible equipment that is not intimidating to the regular Jane or Joe."

Walk through RallySport Health and Fitness club in Boulder, Colorado, on any given day and you'll find svelte men and women doing squats (handy for tying shoes) and overhead reaches (for pulling a plate from the top shelf) with 2- to 4-pound medicine balls. They also perform squats or stand on one foot, atop an unstable surface, such as a DynaDisc or Airex pad, to train their bodies to maintain stability; it's a good skill to have when traversing an icy parking lot.

In an adjacent studio, trainer Erin Carson leads women in their 30s to

## FUNCTIONAL FITNESS PROGRAM AT HOME

**Consider a trainer:** Functional training requires balance, stability and coordination; it can be more challenging than using machines that support body weight. A personal trainer can start you off right.

**Use your body for resistance:** Squatting, standing on one leg or standing on one leg and reaching for a lightweight object on the floor with one hand or foot, promotes balance. Once mastered, add more resistance.

**Add a little resistance at a time:** Lightweight medicine balls, dumbbells or kettlebells add resistance while allowing freedom of movement. Resistance bands, anchored to a stable surface such as the pole on a stationary bike, can lend resistance for stationary running or upper body exercises.

**Throw in an unstable surface:** After mastering the moves, try them on a balance pad or wobble-board. Ultimately, add some weight, but avoid injury by using wisdom and not upping the ante too soon.



50s through an hour-long class using functional circuit machines called Kinesis. They are honing oft-neglected stabilizing muscles and refining their coordination.

"When you do a bench press or a seated chest press on a conventional machine, you are training your muscles like a bodybuilder, making one muscle perform the same range of motion over and over again," explains Carson. "That's good for building muscle and strength, but it's not how people move in daily life."

Instead, the Kinesis machines employ pulleys that allow a full range of motion and force the user to stand while lifting. In this particular class, the women work through a series of exercises that resemble movements in a busy parent's day: a "single-leg dead lift with a reach," looks a lot like leaning over to pick up a kid's toy; a "lateral lunge with an overhead press," mimics reaching into an overhead compartment; and a "lateral lunge with a decline press," resembles pushing a vacuum cleaner.

Functional fitness group classes have proved a hit among seniors, too, with YMCAs from Atlanta to Albuquerque joining in. One recent study by researchers at the University of Wisconsin, La Crosse, found that adults ages 58 to 78 who engaged in functional training three times a week showed greater improvements in upper and lower body strength, cardio-respiratory endurance, agility and shoulder flexibility than those who stuck to lifting weights and cardiovascular training.

No one has to convince Cindy Cruz-Mazzei of the benefits of functional fitness. She says she's seen her training translate to real-life, time and again: "We were in the grocery store once when my daughters were little, and both of them jumped on the cart on one side. It was about to tilt over on them, when I grabbed the cart and flipped it back," she relates. "My body just instinctively did all the right things it was supposed to do, and I didn't hurt myself. It just kicks in."

*Lisa Marshall is a freelance writer in Estes Park, CO. Connect at [LisaAnnMarshall.com](http://LisaAnnMarshall.com).*

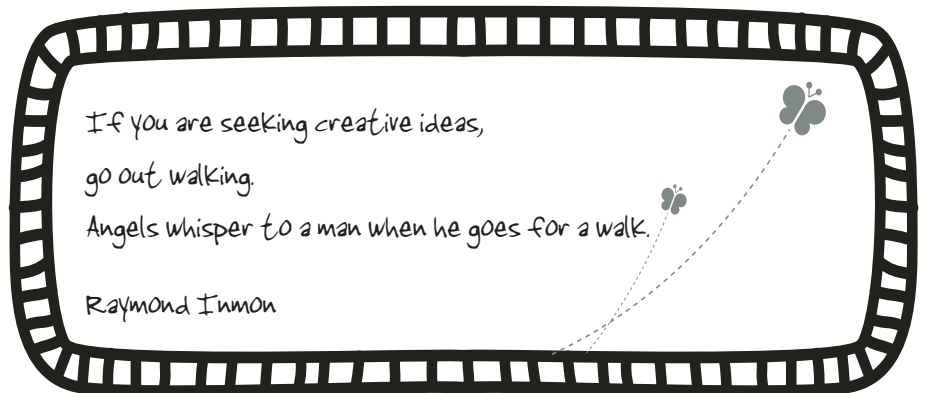


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# calendar of events

All Calendar events for the May issue must be received by April 15th and adhere to our guidelines. Email [mdemo@HealthyLivingDetroit.com](mailto:mdemo@HealthyLivingDetroit.com) for guidelines and to submit entries.

## THURSDAY, MARCH 19

**Balance Your Hormones Naturally** – 7-9pm. Natural alternatives to address problems related to hormone imbalance such as PMS, symptoms of menopause, water retention, weight gain, memory loss, irritability, night sweats and depression. Presented by Dr. Carol Ann Fischer, D.C., N.D., Holistic Physician, Clinical Nutritionist, and the not for profit Foundation for Wellness Professionals. No charge, but reservations are requested, limited to 15 guests. Civic Center Library, 32777 Five Mile Rd, Livonia. 734-756-6904. [TLCHolisticWellness.com](http://TLCHolisticWellness.com).

## FRIDAY, MARCH 20

**Candlelight Yin Yoga** – 7-8pm. Yin yoga is a quiet and powerful practice, which targets the ligaments and fascia within the body. All levels welcome, arrive 10 minutes early with mat, pillow and large towel. \$10. The Detroit Flyhouse, FD Loft Bldg #302, 3434 Russell St, Detroit. 313-674-6424. [Micha@DetroitFlyHouse.com](mailto:Micha@DetroitFlyHouse.com). [DetroitFlyHouse.com](http://DetroitFlyHouse.com).

## SATURDAY, MARCH 21

**Inner Engineering:** Technologies for Inner Well-being – 1-2pm. The Inner Engineering program (APRIL 1-5) includes Shambhavi Maha Mudra, an ancient kriya (an internal energy process) never before offered publicly. Together the program and practices establish health and vitality, enhance mental calm and clarity, and instill a deep sense of joy. Free. Rising Sun Yoga Studio, 13550 Dix-Toledo Rd, Southgate. 734-282-9642. [RisingSunYoga.com](http://RisingSunYoga.com).

## SUNDAY, MARCH 22

**Brunch with Bach:** Detroit Symphony Civic Orchestra Chamber Ensemble – 11am-1pm. Celebrate Johann Sebastian Bach's 324th birthday with the Chamber Ensemble as they perform Brandenburg Concerto #2 in F major, featuring the DSO's Kevin Good on trumpet. Seating begins promptly at 11 am with concert beginning at 12pm. Concert only tickets \$15, museum admission included (lunch including vegan options can be pre-ordered for an additional cost). Detroit Institute of Arts, 5200 Woodward Ave, Detroit. 313-833-4005 or purchase tickets online at [DIA.org](http://DIA.org).

**Women's Self Defense Seminar** – 1-3pm. Students will learn what to do and how to protect themselves in a physical confrontation. Ages 13 and up. Free. Ultimate Karate Institute, 23753

Van Born, Taylor. 313-292-9214. [UltimateKarateInstitute.com](http://UltimateKarateInstitute.com)

**Inner Engineering:** Technologies for Inner Well-being – 4-5pm. See March 21 listing. Free. Henry Ford Centennial Library, 16201 Michigan Ave, Dearborn. 248-242-6800. *See ad: Inside Front Cover.*

**Inner Engineering:** Technologies for Inner Well-being – 4-5pm. See March 21 listing. Free. Bodyworks Healing Center, 819 Mill Rd, Plymouth. 734-416-5200. *See ad: Inside Front Cover.*

## TUESDAY, MARCH 24

**Allergies & Asthma** – 1-3pm. With Dr. Lisa Loranger Aston. Health seminar with free health checks, handouts, refreshments and support programs. Free, limit 15, registration requested. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. [LorangerWellness@att.net](mailto:LorangerWellness@att.net).

**Making Garden Magic** – 6:30pm. Nancy Szerlag author of *Perennials for Michigan* and *Annals for Michigan* will be sharing tips on spring planting and plant care. Refreshments will be served. Art Van Furniture Store, 29905 7 Mile Rd, Livonia. Call for a complimentary reservation: 888-619-2199. [ArtVan.com](http://ArtVan.com).

**Sugar: Friend or Foe?** – 7-9pm. Learn where sugar is hiding in food and why it's a danger when too much is consumed. There's a natural way to still eat sweet. Presented by Dr. Carol Ann Fischer, D.C., N.D., Holistic Physician, Clinical Nutritionist, and the not for profit Foundation for Wellness Professionals. No charge but reservations are requested, limited to 15 guests. Whole Foods, 7350 Orchard Lake Rd, West Bloomfield. 734-756-6904. [TLCHolisticWellness.com](http://TLCHolisticWellness.com).

## WEDNESDAY, MARCH 25

**Pruning Trees & Shrubs** – 6-9pm. Janet Macunovich. Topics covered: How well and how long popular landscape plants hold up to pruning; simple, proven techniques for keeping plants within Bring a branch, clip a limb from the plants want to trim to be sure they are included in the "how to." \$20 voluntary contribution. Fred C. Fischer Library, 167 Fourth St, Belleville. 734-699-3291. [Belleville.Lib.MI.us](http://Belleville.Lib.MI.us).

**The Detroit Architecture of Albert Kahn** – 7-9pm. 3rd annual spring arts lecture series presents Michael Farrell, Professor of Art History at the University of Windsor and proprietor of the Arthouse of Detroit will be speaking

on the Detroit architecture of Albert Kahn. Free, please RSVP. Riverview Public Library, 14300 Sibley, Riverview. 734-283-1250. [KBorger@Tln.Lib.MI.us](mailto:KBorger@Tln.Lib.MI.us). [RiverviewPublicLibrary.com](http://RiverviewPublicLibrary.com).

**Weekend Canoeing in Michigan** – 7-8pm. Doc Fletcher has canoed Michigan's rivers for 30 years. His new book, *Weekend Canoeing in Michigan*, looks at twenty of the state's rivers. For each river, he provides a suggested trip, degree of difficulty, miles from various Michigan towns, complete info on local canoe liveries, key landmarks along the river trip, histories of nearby towns, and a local tavern for a post-trip bite and relaxation. Book will be available for purchase. The Public Library of Westland, 6123 Central City Pkwy, Westland. 734-326-6123. [Westland.Lib.MI.us](http://Westland.Lib.MI.us).

## SATURDAY, MARCH 28

**Movie Afternoon** – 1pm. Spend a cozy afternoon watching a movie. *Being There* (PG 1979). Allen Park Library, 8100 Allen Rd, Allen Park. 313-381-2425. [Allen-Park.Lib.MI.us/Programs](http://Allen-Park.Lib.MI.us/Programs).

**The Urban Fiction Book Club** – 2-4pm. Book is *Gutter* by K'wan (sequel to *Gangsta*) at the Detroit Public Library, Explorers Room A, 5201 Woodward Ave, Detroit. Michelle Williamson, 313-833-1403. [DetroitPublicLibrary.org](http://DetroitPublicLibrary.org).

## SUNDAY, MARCH 29

**Women's Expo in Dearborn** – 10am-5pm. 6th annual women's expo, over 100 vendors, fashion show at 11am, Zumba Fitness demo by Elements of Exercise at noon, Bridal Show by One Step Wedding of Allen Park. Bring a canned food donation, admission \$3, free parking. Visit website for discount admission coupon. Ford Community & Performing Arts Center, 15801 Michigan Ave, Dearborn. 313-586-7481. [Dbnwe2004@yahoo.com](mailto:Dbnwe2004@yahoo.com). [ShowForWomen.com](http://ShowForWomen.com)

## MONDAY, MARCH 30

**Allergies & Asthma** – 6-7pm. See March 24 listing. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. [LorangerWellness@att.net](mailto:LorangerWellness@att.net).

## TUESDAY, MARCH 31

**Itch to Stitch Knitters** – 6-8pm. Knitters of all skill ranges are invited to attend. Taylor Community Library, 12303 Pardee Rd, Taylor. 734-287-4840. [Taylor.Lib.MI.us](http://Taylor.Lib.MI.us).

## THURSDAY, APRIL 2

**VegMichigan Raw Vegan Potluck** – 7-9pm. Bring a raw, vegan dish (no animal products) sized for 8. First-time visitors may pay \$7.50 in lieu of bringing a dish, but food is encouraged to ensure enough for everyone. Unity of Livonia, 28660 5 Mile Rd, Livonia. 877-778-3464. [VegMichigan.org](http://VegMichigan.org).

## SATURDAY, APRIL 4

**Volunteer Day** – 9am-12pm. World Medical Relief is a non-profit charitable organization whose mission is to impact the well-being of the medically impoverished on a local, national, and international basis. WMR collects medical, dental, and laboratory items, and re-packaged for shipment internationally. Volunteers help sort and package items for shipment. World Medical Relief, 11745 Rosa Parks Blvd, Detroit. 313-866-5333. Info@WorldMedicalRelief.org. WorldMedicalRelief.org.

**Used Book Sale** – 10am-5pm. Friends of the library used book sale, includes books, CDs and movies. Grosse Pointe Public Library, Ewald Branch, 15175 E Jefferson, Grosse Pointe Park. 313-343-2071. GPLib.MI.us.

**Paws for Reading with Daisy** – 1-2pm. Beginning readers ages 6 and older. Bring a favorite book and enjoy time reading to Daisy who is a certified therapy dog. Free. Civic Center Library of Livonia, 32777 Five Mile Rd, Livonia. 734-466-2493. Livonia.Lib.MI.us.

## MONDAY, APRIL 6

**Arthritis** – 6-7pm. By Dr. Lisa Loranger Aston. Health seminar with free health checks, handouts, refreshments and support programs. No charge, limit 15, registration requested. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. Loranger.Wellness@att.net.

## TUESDAY, APRIL 7

**Save a Life - Donate Blood** – 10:30am-7pm. University of Detroit Mercy Student Nurses Association is sponsoring a blood drive. There is always a need for blood and only volunteer donors can fulfill that need for patients in our community. 4001 W McNichols Rd, Detroit. Eichenesh@Students.UDMercy.edu. Make an appointment online at GiveLife.org.

## THURSDAY, APRIL 9

**C-Section Scar Reduction:** The Postnatal Massage Technique – 6:30-8pm. Demonstration/talk by Dr. Mary Light, ND, MH, covers a gentle approach to align tissue and diminish scars. Held at 1785 W Stadium, Ste 103, Ann Arbor. RSVP to 734-769-7794. Info at MaryLightNaturalMedicine.com

**Krishna Das Concert** - 8-10pm. Immerse oneself in the sacred sounds of chanting with Krishna Das for the first ever community-wide kirtan (call and response chanting) in the city of Detroit. Tickets \$25 in advance at KrishnaDas.com and \$30 cash only at the door. Floor seating, bring a blanket and cushion, doors open at 7:30pm. Masonic Temple, 500 Temple St, Detroit. 248-556-0992. Hosted

by House of Yoga, tickets are also available for purchase at the studio.

## TUESDAY, APRIL 14

**Arthritis** – 1-2pm. See April 6. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. Loranger.Wellness@att.net.

## WEDNESDAY, APRIL 15

**Detroit Abides Free Movie** – 7-9 pm. Third Wed each month. Detroit Abides screens a movie on a sustainable topic and explores the topic at the local level through discussion and support from regional groups and businesses. This helps to create a space to meet like-minded people from all walks of life to help grow an active, healthy community. Presented by Great Lakes Bioneers Detroit, Detroit Evolution Laboratory and Eastern Market Corporation. Located in Eastern Markets heated shed 5. 313-316-1411. DetroitEvolution.com/DetroitAbides.html.

## MONDAY, APRIL 20

**Heart Health** – 6-7pm. By Dr. Lisa Loranger Aston. Health seminar with free health checks, handouts, refreshments and support programs. No charge, limit 15, registration requested. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. Loranger.Wellness@att.net.

## WEDNESDAY, APRIL 22

**Greenwalling** – 6:30pm. Grades 1-6 and interested parents can learn from an expert installer how the family can help the environment and cut energy costs at home with green-roofs and green-walls. Each child will plant one plant into the green wall following the program. Supplies and plants will be provided. Free. Civic Center Library of Livonia, 32777 Five Mile Rd, Livonia. 734-466-2493. Livonia.Lib.MI.us.

## SATURDAY, APRIL 25

**Volunteer Day** – 9am-12pm. See April 4 listing. World Medical Relief, 11745 Rosa Parks Blvd, Detroit. 313-866-5333. Info@WorldMedicalRelief.org. WorldMedicalRelief.org.

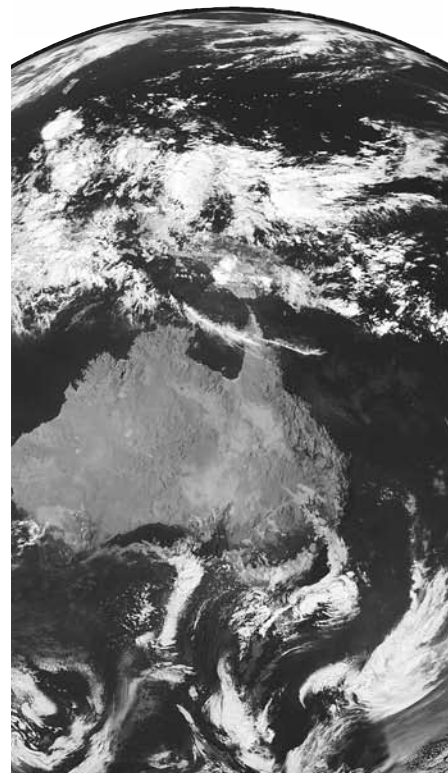
## TUESDAY, APRIL 28

**Arthritis** – 1pm. See April 6. Loranger Family Wellness Center, 4828 Allen Rd, Allen Park. 313-383-1615. Loranger.Wellness@att.net.

**Itch to Stitch Knitters** – 6-8pm. Knitters of all skill ranges are invited to attend. Taylor Community Library, 12303 Pardee Rd, Taylor. 734-287-4840. Taylor.Lib.MI.us.

When the story of these times gets written, we want it to say that we did all we could, and it was more than anyone could have imagined.

Bono



Now is the time. Needs are great, but your possibilities are greater.

—Bill Blackman

# ongoingcalendar

## sunday

**All Levels Hip Openers Yoga Class** – 12-1:15pm. An all levels class to not only open the hips but also the heart. Using the breath as a solid foundation to assist in finding the edge and safely balancing between effort and surrender. Class moves from lighting and building one's internal flame slowly, to utilizing this warmth in longer holding yin-style asanas. Free to new students; \$12, packages available. Rising Sun Yoga, 13550 Dix-Toledo, Southgate. 734-282-9642. RisingSunYoga.com.

## monday

**Basic All Levels Drop In Yoga Class** – 9-10:15am. Basic yoga for all levels with and without props as needed. Instructions for proper posture, breath and alignment, some focus on building strength and improving flexibility and at the same time promoting mind body connection, occasional short meditation, and pranayama as time and interest permits. Free to new students; \$12, packages available. Rising Sun Yoga, 13550 Dix-Toledo, Southgate. 734-282-9642. RisingSunYoga.com.

**Yoga Ed Class** – 6-7:15pm. Requests each student to develop a non-competitive practice to serve as a health maintenance regime to integrate on and off the mat. The goal of class is to incorporate self-awareness by conceiving a deeper knowledge of one's body as instructions are verbalized in a precise manner. All levels. \$10 suggested donation. Free parking after 5pm. Yoga in Detroit, 535 Griswold St, Congress Floor 27 Buhl Bldg, Detroit. 248-496-0392. Info@YogaInDetroit.com. YogaInDetroit.com.

**Yoga Flow Class** – 7:15pm. Increases awareness of breath & body while building a strong, flexible back & core. Walk-ins \$15. Body Fit, 133 W Main St, Ste 240, Northville. 248-305-8414. BodyFitMI.com

## tuesday

**Work Break Yoga** – 11:45am-12:30pm. A practice during a lunch-break from work that's easy to follow along. Focus is on stretching, tension relief and breathing. Postures will be paced slowly, but a dedication to challenging oneself is required. Return to work refreshed, and with a new, and more positive perspective. All levels. \$10 suggested donation. Yoga in Detroit, 535 Griswold St, Congress

Floor 27 Buhl Bldg, Detroit. 248-496-0392. Info@YogaInDetroit.com. YogaInDetroit.com.

**Ashtanga Flow Yoga** – 6-7:15pm. Class focuses on strength, flexibility and synchronization of breath with the continuous flow of movement. The foundation of this class will be based on the primary Ashtanga series, but each class will embark on different "asana-adventures" while continuing to build one pose off the next. Practice both classical and creatively-adapted sun salutations, standing, seated and twisting postures, balance-poses and inversions alongside with yogic breathing and resistance work. All levels are welcome to participate, as each pose will be taught with modifications to help beginners as well as build the practices of the more advanced student. \$10 suggested donation. Free parking after 5pm. Yoga in Detroit, 535 Griswold St, Congress Floor 27 Buhl Bldg, Detroit. 248-496-0392. Info@YogaInDetroit.com. YogaInDetroit.com.

**Yoga and Qi Gong for Real Bodies** – 7-8:15pm. Class incorporates yoga, qi gong, breathing techniques, mudras and relaxation methods. Free to new students; \$12, packages available. Rising Sun Yoga, 13550 Dix-Toledo, Southgate. 734-282-9642. RisingSunYoga.com.

## thursday

**Work Break Yoga** – 11:45am-12:30pm. See Tuesday listing. Yoga in Detroit, 535 Griswold St, Congress Floor 27 Buhl Bldg, Detroit. 248-496-0392. Info@YogaInDetroit.com. YogaInDetroit.com.

**Naturopathy Clinic** – 3-8pm. Consultations for herbal medicine and natural therapeutics, by appointment, with Mary Light, ND, MH. \$20. 734-769-7794. MaryLightNaturalMedicine.com.

**Yoga for Every Body** – 6-7:15pm. A class appropriate for all level of students, but is geared towards

helping those who feel they "can't do yoga" to find comfort, while seeking a routine of exercise and health. No judgment, no pressure. Perfect class for beginners. \$10 suggested donation. Free parking after 5pm. Yoga in Detroit, 535 Griswold St, Congress Floor 27 Buhl Bldg, Detroit. 248-496-0392. Info@YogaInDetroit.com. YogaInDetroit.com.

**Beginning/Prenatal Yoga** – 7:45-8:45pm. Class designed for those who may be new to yoga or for those students who would like to master the fundamentals and principles of forward folds, backbends, and twists. Appropriate for all skill levels. Walk in \$14. Northville Yoga Center, 200 S Main St, Unit B, Northville. 248-449-9642. NorthvilleYogaCenter.com.

## friday

**Posture Pro Yoga Class** – 9:30-11am. Practice yoga correctly. Learn to do yoga safely and reveal a deeper understanding of the body. Learn to keep the back positioned to prevent injury while stationary and moving is reinforced through yoga postures. Free to new students; \$12, packages available. Rising Sun Yoga, 13550 Dix-Toledo, Southgate. 734-282-9642. RisingSunYoga.com.

## saturday

**Drop-In Kids Yoga Class** – 12:30-1:30pm. Creative and less traditional approach to yoga will improve flexibility, coordination, concentration and focus, stimulate children's imagination and help to release energy in a fun, safe environment. Using stories, interactive games and animated postures, kids learn about animals, art, nature and basic anatomy through yoga. Ages 6-11. Free to new students; \$12, packages available. Rising Sun Yoga, 13550 Dix-Toledo, Southgate. 734-282-9642. RisingSunYoga.com.

*You have a very powerful mind that can make anything happen as long as you keep yourself centered.*

- Dr. Wayne W. Dyer

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Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life.

—James Cromwell

## What is the secret to vibrant health and happiness?

The secret is to eat a raw and living foods diet. When you go raw - or even dabble a little - it affects all aspects of you... mind, body, spirit and emotion. Transform your life to the best version of you, if you can imagine the "best" version of yourself, that vision can be yours.

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