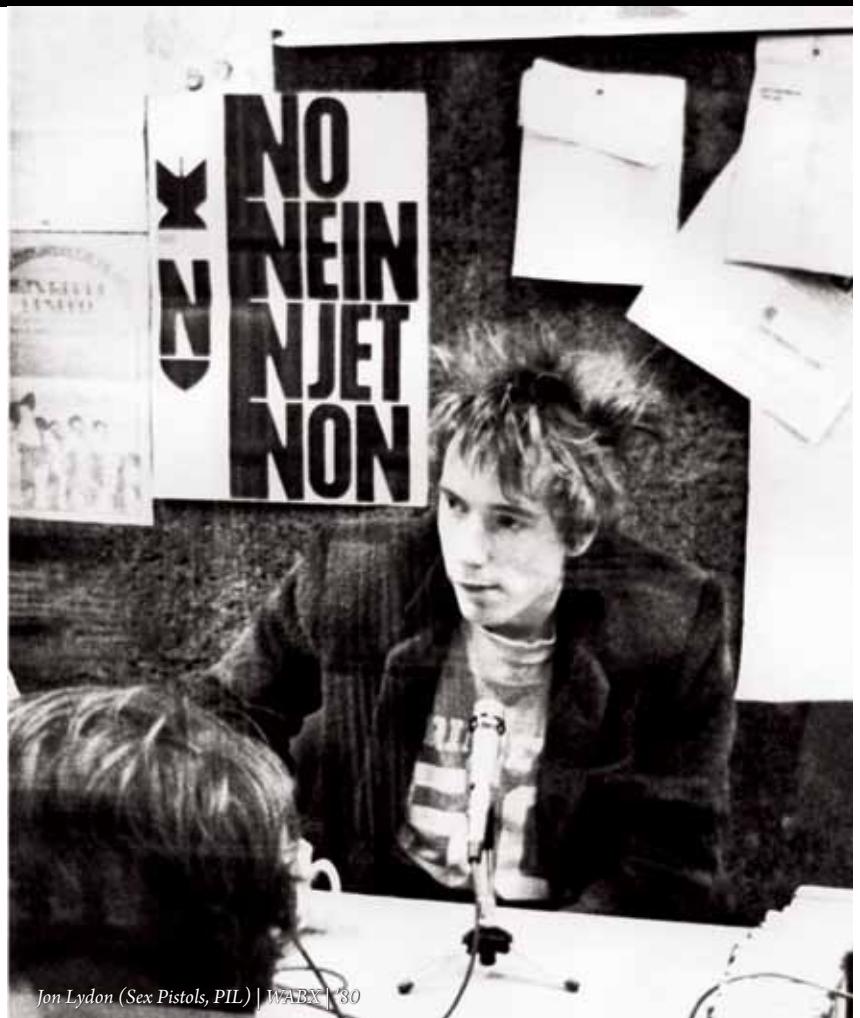


# the METROPOLITAN

JUNE 2013 | VOL NO 09 | THEMETROPOLITANDDETROIT.COM



Bob Seger | Oakland Mall Troy, MI | '69



Jon Lydon (Sex Pistols, PIL) | WABC | '80



Gene Simmons (KISS) | Cobo Hall | '76



Jim Morrison (The Doors) | Cobo | '68



Romantics | Peaches | '79



The Ramones | 2nd Chance Ann Arbor | '79



Jimi Hendrix | Cobo Hall | '68

**INSIDE** | The Classic Rock Photography of Tom Weshler, Detroit Rock City by Author Steve Miller, Jamaican Queens [WORMFOOD], plus Beauty Mark, Who What Wear, Things To Do In Detroit and Paris [and a few words from our sponsors]!

# DETROIT ROCK CITY

WORD | IMAGE | SOUND



## FEATURING

**PHOTOGRAPHER TOM WESCHLER** | 35mm HANGING IMAGE GALLERY  
QUEEN, THE ROLLING STONES, BOB SEGER, THE ROMANTICS, VAN HALEN,  
JIMI HENDRIX, RAMONES, JIM MORRISON, PINK FLOYD, THE WHO,  
THE RATIONALS, PATTI SMITH, KISS, BOB DYLAN, JOHN LYDON AND MORE

**AUTHOR STEVE MILLER** | 'DETROIT ROCK CITY' BOOK SIGNING  
INTERVIEWS WITH: JACK WHITE, IGGY POP, WAYNE KRAMER, TED NUGENT,  
JOHN SINCLAIR, MIKE SKILL, NIAGARA, JERRY VILE, DAN KROHA,  
RACHEL NAGY, JASON STOLLSTEIMER, MARCIE BOLAN AND MORE

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## Letter From The Editor

### DETROIT ROCK CITY

My brother and I grew up sharing a room in a two-bedroom apartment. Our mother worked hard, sometimes maintaining two or more jobs, in order to pay the rent that provided access to a swimming pool, baseball diamond, the park and space to ride our bikes. At the end of the month there was little money for mom to enjoy anything for herself. We were poor, but as kids we didn't know it.



Much of my time was spent listening to music. On the bus ride home from school the 'stoners' in the back seats would blast Sabbath, Hendrix, The Who, Stones, Alice Cooper, KISS and Tom Petty, accompanied by the gruff voice of WRIF's Arthur Penhallow. When I got home I'd tune in and check out the rock blocks, and listen for concert updates and record releases. Then I would go to my record collection. It wasn't much but it was all I needed.

My first albums were The Beatles at the Hollywood Bowl and Let It Be, Led Zeppelin III and Queen's News of the World, a gift from mom that still ranks at the top. I spent hours in my room playing them over and over, reading liner notes, learning the lyrics, and breaking out the air-guitar every now and again.

Music was my first love, my closest confidant, and my room a sanctuary, where I learned of the world through the words and images that were printed on each record cover; and from sounds lifted by a needle off grooves in the vinyl that shot out of my speakers. It was a drug. I was addicted. I don't know how else to explain it.

When I was able to scrape up a few bucks by saving my lunch money, or dumpster diving for returnable cans, I'd ride my bike to the record store. It was there I discovered Sparks, Bowie, Iggy, and began to realize that bands had a history. So, I put together the pieces.

My friend, Mark Smith, told me he had Queen's, A Night At The Opera and Sheer Heart Attack, and the Beatles White Album - we spun them endlessly, pouring over notes, chords, and solos. I acquired Abbey Road, and my dad gave me an 8-track of Pink Floyd's Dark Side of the Moon. My education continued, as it does to this day.

Now, whenever I return from a long road trip, usually late at night, I cue MC5, Motor City Burning and hit play, northbound on I-75, right as I pass Southfield road - Lincoln Park. A searing version of a John Lee Hooker original, that erupts up and over the overpass of River Rouge and the Carbon Works, flames extending from industrial towers on both sides, and down around until you see the Ambassador Bridge - the skyline of Detroit Rock City just beyond.

We call it home.

Anthony Brancaleone

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# the METROPOLITAN

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[TheMetropolitanDetroit.com](http://TheMetropolitanDetroit.com)



If you enjoy reading The Metropolitan we ask that you share your copy with family and friends. In this way, The Metropolitan can be Read-cycled. We think that's a good thing. Of course, The Metropolitan also makes a fine gift-wrap, and burns well in the fireplace.

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**Warning:** This paper has not been proof read, and probably never will. Please, see 'Letter From The Editor', November 2010, online for more information.



## 4 Feature Story

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## 6-7 Style | Beauty

## 8-9 Rock Images

## 10 Sport & Leisure

## 11 Model Feature

## 12-13 Art | Exhibition

## 14 Air | Travel

## 15 Games | DTW



## Communiqué



Mt. Rushmore Stands With Detroit!

## Shine A Bright Light

I'm familiar with your publication as a former metro Detroiter & I was reminded of it by an intern in our office – who suggested it as a good option for a story on a student. I happen to think what you do to shine a bright light on the cool things happening in the Detroit area is awesome! I will definitely continue to think of tips to send your way of students, faculty, etc. doing cool things in the D.

*Kathy Backus  
Assistant Director of Public Relations  
Central Michigan University*

## Detroit Needs The Metropolitan

I viewed some of the issues and I thought they were great! I really enjoyed the latest issue [May 2013]. I think that Detroit needs your newspaper. It most certainly brings out the best of Detroit. There is so much negativity on the news and I actually learned something positive about the city from your paper. I wish more people could see the good side of Detroit. I thought the stories were told from a great point of view and the content was just what we need. Honest and credible. As I read through, it did not feel like the "newsy" type journalism. It was easy to read and understand. I am a supporter and I wish The metropolitan nothing but excellence.

*Warmly,  
Jennifer N. Irving, Farmington*

## Airplane Loving Traveler

As a reluctant recently-repatriated Detroiter (from Chicago), I think saying real things about Detroit is a serious and difficult business. And as an airplane-loving traveler, I think Detroit needs to generate more curiosity - both in visitors and among the natives. My value to Detroit now comes from having been a long time away and having double consciousness about home.

I only see hardcopy at DTW, but it's everywhere - always handy when I need a civilized response to flight delays. I already have "liked" The Metropolitan. And as I said, I actually do. Great content, especially the photos, morning and evening.

Keep up the good work.

*Rebecca Chung, Detroit*



New York Stands With Detroit!

"I love the cover! [May 2013]"

*Michael Conway, WCAA*

## And, Now A Letter From Anton Chekhov

"Civilized people must, I believe, satisfy the following criteria:

1. They respect human beings as individuals and are therefore always tolerant, gentle, courteous and amenable ... They do not create scenes over a hammer or a mislaid eraser; they do not make you feel they are conferring a great benefit on you when they live with you, and they don't make a scandal when they leave.

2. They have compassion for other people besides beggars and cats. Their hearts suffer the pain of what is hidden to the naked eye.

3. They respect other people's property, and therefore pay their debts.

4. They are not devious, and they fear lies as they fear fire. They don't tell lies even in the most trivial matters. To lie to someone is to insult them, and the liar is diminished in the eyes of the person he lies to. Civilized people don't put on airs; they behave in the street as they would at home, they don't show off to impress their juniors.

5. They don't run themselves down in order to provoke the sympathy of others. They don't play on other people's heartstrings to be sighed over and cosseted ... that sort of thing is just cheap striving for effects, it's vulgar, old hat and false.

6. They are not vain. They don't waste time with the fake jewelry of hobnobbing with celebrities, being permitted to shake the hand of a drunken [judicial orator], the exaggerated bonhomie of the first person they meet at the Salon, being the life and soul of the bar ... They regard phrases like 'I am a representative of the Press!!' -- the sort of thing one only hears from [very minor journalists] -- as absurd. If they have done a brass farthing's work they don't pass it off as if it were 100 roubles' by swanking about with their portfolios, and they don't boast of being able to gain admission to places other people aren't allowed in (...) True talent always sits in the shade, mingles with the crowd, avoids the limelight ... As Krylov said, the empty barrel makes more noise than the full one.

7. If they do possess talent, they value it ... They take pride in it ... they know they have a responsibility to exert a civilizing influence on [others] rather than aimlessly hanging out with them. And they are fastidious in their habits. (...)

8. They work at developing their aesthetic sensibility ... Civilized people don't simply obey their baser instincts ... they require mens sana in corpore sano.

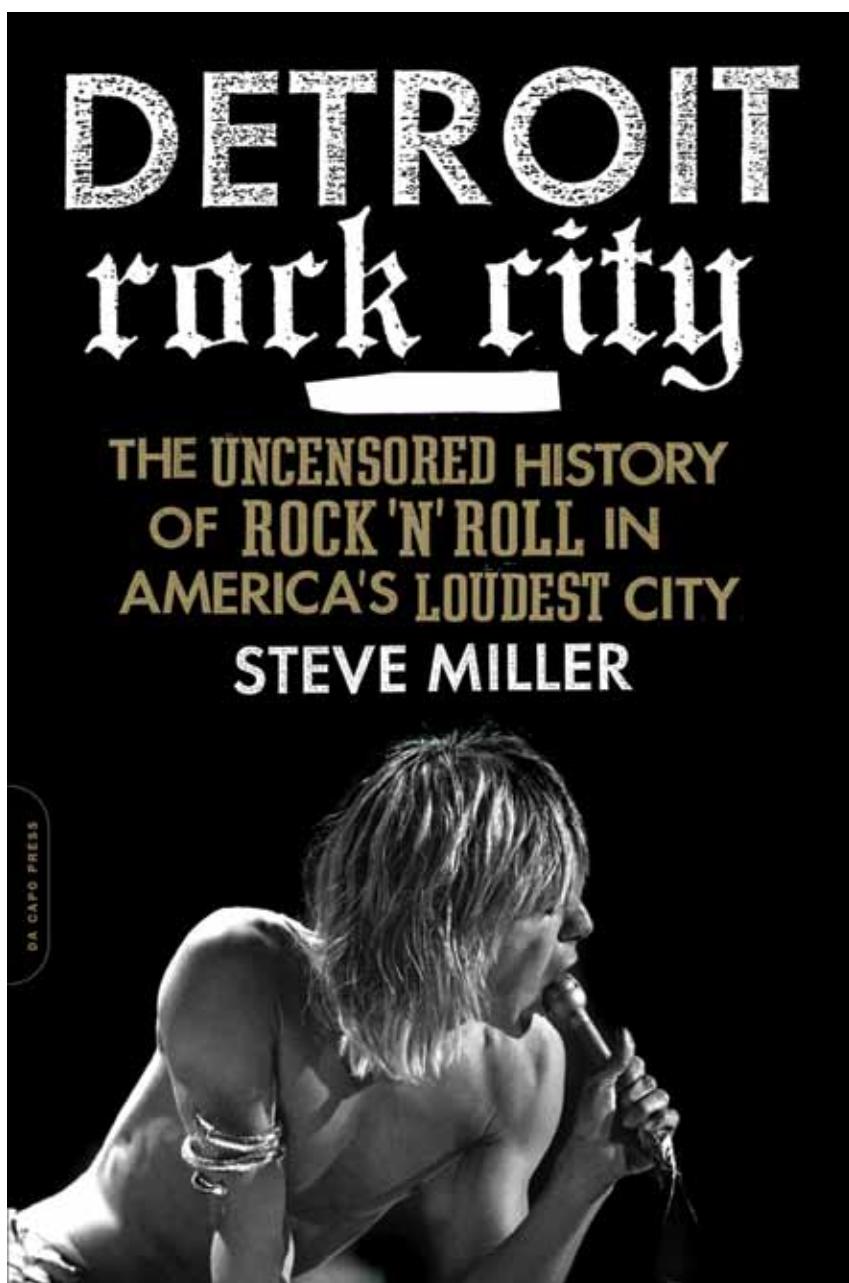
*And so on.* That's what civilized people are like ... Reading Pickwick and learning a speech from Faust by heart is not enough if your aim is to become a truly civilized person and not to sink below the level of your surroundings.

*~ From a letter to Nikolay Chekhov, March 1886*



**On The Cover:**

*Tom Weschler is a photographer living and working in Metro Detroit. He has been photographing musical events since 1964. The images of this month's cover are a sample of his work. [www.TomWeschler.com](http://www.TomWeschler.com)*



## AN ORAL HISTORY OF DETROIT'S LOUDEST INDUSTRY

AUTHOR : STEVE MILLER | RELEASE : JULY 02 2013 | PUBLISHER : DA CAPO PRESS

By Anthony Brancaleone | Images by Robert Matheu

Author, Steve Miller and I are sitting at a booth inside Gusoline Alley (Royal Oak MI) taking turns on the jukebox. Still one of the great jukeboxes in Detroit, we're kicking out MC5, James Brown, the Stones, Ramones, The Clash and a few of Miller's favorites by Iggy and the Stooges. Bourbon and Guinness flow between talk of Miller's life as a Journalist and Edgar nominated Author. He worked the Washington Times, several magazines, and has written and edited books on crime and music, including Girl Wanted; The Chase For Sarah Pender; The Johnny Ramone AutoBiography and Touch & Go: The Complete Hardcore Punk Zine '79-'83.

But, it's the writer's latest effort, Detroit Rock City, an oral history of Detroit and five decades of Rock 'N' Roll, as told by the musicians, roadies, club owners, producers, and scenesters that has us reminiscing over everything from Alice Cooper to The Romantics, Negative Approach to The White Stripes.

What is immediately apparent is Miller's love of music, writing and movies. His knowledge runs deep and what is supposed to be an interview has quickly become a couple of guys hanging out in the bar. Filled with auto, train and beer memorabilia, and a bathroom that defines urinal graffiti, the only thing missing from Gus's is the smoke from cigarettes that used to permeate the room before the law stripped that element from corner bar culture.

Miller's book, a story that has never been told, is a frenzied and schooled account of both past and present, recalling the days of Grande Ballroom, Bookies, City Club, Gold Dollar and the Magic Stick. Much like Legs McNeil and Gillian McCain's, Please Kill Me (2006), the author allows the subject to discuss in his or her own words their story, as they remember it. The beauty in DRC is the way in which Miller is able to string separate interviews into one powerful narrative.

"I wanted people to be able to dig in wherever they felt comfortable, and then be able to move throughout Detroit's rock history at their own pace," Miller said. "And, transcribing interviews from the people that lived these stories gave the book the authenticity I felt the scene deserved."

Because of this, Detroit Rock City is as exciting and hard-hitting to read, as its subject's street grit albums are to absorb. Certainly, Miller has compiled the perfect companion piece for fans of the genre, if not the most important written document in the annals of Detroit rock lore.

We continue drinking while we discuss favorite bands, favorite

concerts, and favorite songs. I ask particulars about passages in the book and how I might go about translating them to my audience, and then Miller says, "How about I send you a chapter? Publish what you want!"

**Now, that's Rock 'N' Roll . . .**

### DETROIT ROCK CITY (excerpt):

#### The Same Boy You've Always Known

**Bobby Harlow (The Go, Conspiracy of Owls, vocalist):** I'll tell you something about Jack: Jack would leave; Jack would disappear. He'd come in, and he'd do his show. He might stand around for a little while. Everyone else would get completely plowed, and Jack would be gone. In retrospect I think that's a pretty interesting thing. That's actually the way to do a show. When you're drunk you think you're really good, but you're not. So Jack was always sober.

**Jack White (White Stripes, The Dead Weather, Raconteurs, solo, guitarist, vocalist):** I had little to no interest in anything but the music and the friendships, the family of it. Other than that, when everybody was doing anything else, I guess I just wasn't interested. It was just a little bit boring to me. I also thought girls weren't into me, so I wasn't pursuing that. And if you're not trying to get laid, I mean, hanging out after 3 a.m. in the bar, it's kind of pointless almost. I also had girlfriends, too, at the time. I wasn't really a drinker. I've never done drugs. I'm not anti that they did drugs; it didn't matter to me. I just never did it.

**Tom Potter (Bantam Rooster, Dirtbombs, Detroit City Council, guitarist, vocalist):** Everybody keeps saying that Jack was checking us out, trying to get our moves. I don't think so. I get sick of people who are, "oh, the White Stripes were a two piece." Our album came out before those two even started. As far as I know, he was busy listening to Rage Against the Machine. Seriously, you'd get in his car and look through his CDs in the car, and it was like Rage Against the Machine and that kind of stuff.

**Jack White:** I checked out any music, and it wasn't just obscure stuff. I would watch any documentary on television about any band—I didn't care who they were. I would watch the stupidest hair-metal band. I was always interested in how people were doing this, because you could learn so much of what not to do from things too.

**Ben Blackwell (Dirtbombs, drummer; Jack White's nephew, honcho, Third Man Records):** I went with Jack and Meg for a

weekend early on. I played drums in Two Star Tabernacle, filling in for Damian in November of '98. They had a sweet gig lined up in Chicago opening for Jeff Tweedy's solo act at Lounge Ax. Two Star had just put out its first seven-inch, which was them and Andre Williams doing "Ramblin' Man" by Hank Williams. Damian had broken his foot. I did a handful of practices, but I had never played a live show before. It was a Thursday night show, then the next day we had off and we just hung out in Chicago. Saturday the White Stripes played; it was their first time playing Chicago, also at the Lounge Ax. Jack wanted to stay at the rock-and-roll Days Inn. Jack knew that all the rock bands stayed there. He told us when he was in Goober and the Peas they stayed there, and they saw Oasis's tour bus there.

**Dan Kroha (Gories, Demolition Doll Rods, Rocket 455, guitarist, vocalist):** When I heard that Jack and Meg broke up and Meg was working at Memphis Smoke, I went to there when Meg was working. I don't know why I was compelled to do this. I said, "Meg, I heard you and Jack broke up." I said, "Keep the White Stripes going. You got something good going on. I've been through this before with the Gories and Doll Rods. We kept the band going. It worked out. Keep doing it."

**Jack White:** There was a moment where she wasn't interested anymore for sure. We had one gig booked left, and I said, "all right, well, what do you want to do? Do you want to play this show, or do you want me to cancel this?" And she said, "all right, I'll play it." It was the Metro Times' Blowout in Hamtramck thing, and all of our friends came, and everybody sang along with the songs, and it was quite shocking. It was very unlike all those people. They're all nice, kind people. But it was unlike them to emote in that way. I'd never felt something like that. It was kind of a gruff time, and it was a gruff kind of scene—jaded—and it can be harsh feeling. So it was a beautiful moment that not only did they emote to us and say, "we love what you're doing—don't stop," that it affected Meg enough to keep her in the band. Sometimes Meg is very stubborn and impenetrable, but she would maybe say, "uh-huh, thank you, uh-huh, that's very sweet, but I'm not doing this anymore." But it did affect her, and maybe those people talked to her too. I don't know.

**Chris Fuller (Electric 6, manager):** One of the best White Stripes shows ever was at the Magic Bag shortly after Jack and Meg had broken up. Jack played a lot of piano that night, and he was staring right at Meg. It was frustration and anger.

[continues on page 10]

## FOOD | WINE | SPIRIT

*With Dario Chiarini*



### METROPOLITAN PIZZERIAS & MICRO-BREWERIES

Pizza. That simple mixture of flour, water, cheese and tomatoes is universally cherished. If you view dough as a canvas, it's easy to appreciate the many interpretations that exist. For me, a true 'margherita', with mozzarella di bufala DOP and San Marzano DOP tomatoes, embodies the notion that simple is good, with the natural quality of the products producing the taste (full disclosure, I have an Italian bias here). Good pizza is not limited to basics and there are numerous iterations that stray from tradition but deliver on flavor. And while I'm in favor of experimentation, I need to draw the line at gimmicks developed purely to manufacture taste. Pizza is an art form, not an assembly line.

Establishments opened in recent years like Pizzeria Biga and Antica Pizzeria Fellini have introduced the virtues of Pizza Napoletana to Detroit. Previously absent, this style has slowly gained traction as Detroiters have learned about the hallmarks of this historical Italian culinary gem. Pizzeria Biga led the initial charge to popularize Neapolitan pizza, routinely fielding a range of questions regarding everything from pizza size to burnt crust. Antica Pizzeria Fellini expanded the universe, even taking the step to earn the Vera Pizza Napoletana certification granted by the American delegation of the Associazione Vera Pizza Napoletana. Veering off the Neapolitan path, while still maintaining an Italian essence, Supino Pizzeria incorporates Italian ingredients and techniques to create their own unique and tasty interpretation.

Traveling back to this side of the pond, the notion of a 'Detroit Style' pizza has floated around for numerous years. Buddy's Rendezvous in Detroit started churning out pizzas characterized by thick crusts with crunchy square corners in 1946. While garnering sporadic national media attention, Detroit Style has never really captured widespread awareness like Chicago or New York styles until now. This pizza art form achieved new heights when Shawn Randazzo of Detroit Style Pizza Company was crowned 'World Champion Pizza Maker' in 2012 at the International Pizza Challenge. Randazzo's Detroit Style recipe took home the top prize, beating out scores of international competitors. Since earning this noteworthy achievement, Randazzo has worked to solidify the 'Detroit Style' category. It seems to be working as Detroit Style pizzerias have opened in markets outside Detroit like Austin, Texas and Telluride, Colorado.

You should be salivating at the multitude of pizza options readily available in Metropolitan Detroit. And good pizza needs an equally satisfying beverage. Look no further than Michigan's many contributions to the craft beer community. Home to over 100 breweries, Michigan ranks fifth in the nation for number of breweries. Short's, Bell's, Atwater, Detroit Beer Company and Founders are some of the better known Michigan-based breweries. But don't overlook Greenbush and Brewery Vivant, fairly new additions that are doing some fun things. If you can't find good Michigan made beer at your favorite pizza joint, order your pie to go and grab a six pack from a specialty retailer.

#### WHERE TO FIND:

##### Pizzeria Biga

Locations in Royal Oak & Southfield. Check [pizzeriabiga.com](http://pizzeriabiga.com) for details.

##### Detroit Pizza Company

Locations in St. Clair Shores, Clinton Township and Roseville. Check [detroitstylepizza.co](http://detroitstylepizza.co) for details.

##### Supino Pizzeria

2457 Russell Street  
Detroit, Michigan 48207  
Tel: 313-567-7879

##### Michigan beer

Check out [michiganbrewersguild.org](http://michiganbrewersguild.org) for a complete list of Michigan breweries.

##### Antica Pizzeria Fellini

415 S Washington Ave  
Royal Oak, MI 48067  
Tel: 248-547-2751

*At the time of the publishing of this article owner of Antica Pizzeria Fellini, Salvo Scrima has sold his business to restauranteur Luigi Cutraro [Sangria, Royal Oak], who will open under the name "Luigi's" in the Royal Oak location. Look for Salvo Scrima to re-open Antica Pizzeria Fellini in the very near future, in a location that is hopefully near you.*

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Dario Chiarini writes about food, wine and spirits for the Metropolitan. Thanks to his personal and professional background, Dario has worked with Michelin rated chefs, dined in world renowned restaurants and sampled culinary delights from Europe to Asia and many points in between. Follow him @dariochia to learn more.

# who what wear

Fotoula Lambros

## who :: justin milsk

BUSINESS :: Piece of Cake

TYPE :: Fashion/Lifestyle Blogger & E-Commerce Retailer



Native to metro Detroit, Justin Milsk jetted out west in pursuit of his degree in LA, at FIDM. Menswear in particular has always been the long-term designer goal for this blossoming artist. Milsk relocated back to Michigan and linked with Wound Menswear/

Motor City Sewing guru, Sarah Lapinski. After a ripened apprenticeship, Justin jetted to the opposite coast to make his way in NYC. The naturally gifted photographer and emerging designer worked in the industry at different showrooms, an online application company Snapette, and his most coveted Manhattan experience with V Magazine. Milsk recently moved back to Detroit to start the e-commerce retailer website, Piece of Cake. Created to showcase emerging designers and brands using a lifestyle blog based platform, Piece of Cake's mission is to focus on hip trends for the urban art dweller/city kid. This curated site will offer unique and forward pieces for guys and gals and a variety of accessories. POC is launching in June and is ready to represent online shoppers with an interactive browsing experience. According to the Piece of Cake philosophy...now everyone can have their cake and wear it to! [www.pieceofcake313.com](http://www.pieceofcake313.com)

## what :: walk fashion show

DATE :: June 8 | TIME :: 8p

TICKETS :: \$25 General - \$53

Runway Seating

LOCATION :: Masonic Temple

Detroit



In its 7th showcase, the WALK fashion extravaganza was founded in 2009 by Daishawn Franklin and Crystal Bailey. Venues like the Roostertail and Charles H. Wright museum have hosted this lavish event in the past, but this month's event is sure to be even more memorable at Detroit's architectural diamond, The Masonic Temple. The ladies have made a mission out of stylish showcases and donate a portion of their event proceeds to various women's charities around the Detroit area. Teyona Anderson and

Whitney Thomas, winners of America's Next Top Model (Cycles 10&11) will host the festivities of an event that is sure to be standing room only, with an anticipated 2000 attendees. Vendors will be on site for purchase of the latest in Fashion and Detroit based brands. [www.walk7.eventbrite.com](http://www.walk7.eventbrite.com)

## wear :: cadillac square summer marketplace



STARTS :: June 10 & 4th Fridays through August 23

LOCATION :: Woodward Avenue, Downtown (next to Campus Martius Park)

Summer is the perfect reason to shed the winter blues. Ballgames, Belle Isle picnics, and bicycles fill the streets and seaways

around the downtown avenues. To many Detroiters delight, news recently sprouted about a sand volleyball court included into Campus Martius' summer landscape plans. Their recent news announced a marketplace that will feature food truck vendors - yes, plural as in more than one - and a variety of Detroit artisans and vendors that will be selling their wares on fourth Fridays through August. With beta phase retail additions like Somerset CityLoft and Downtown Detroit Days, a spark has been fused into the shopper's palette. Future plans for the Z Project Development (old Hudson Building location attached to Broadway street) will add opportunity and reason to occupy Detroit's retail storefronts. Share in the fun and shop local!

**For more information visit [fo2la.com](http://fo2la.com)**

*For the latest in Detroit style visit [fo2la.com](http://fo2la.com)*

# BEAUTY • MARK

By Jeanette Frost

## Focus on Inner Beauty

Let's face it, we all live busy lives; A good portion of us are on-the-go multi-taskers who wish we could find some way to look and feel younger. You can spend all of your money on expensive creams and treatments claiming to be the next fountain of youth, but it won't mean a hill of beans if you don't first take care of the inner you. A healthy diet, exercise and proper sleep are key components in maintaining a youthful appearance.

With drop-in classes abound and a mat being the only requirement, yoga is an enjoyable way to fit exercise into your schedule. Gaiam, one of the leading brands of yoga and fitness gear, has fabulous options for summer travel and people on the go. Travel Mat & Yoga Shorts are light-weight, durable, and perfect for throwing in your briefcase or carry-on, so you're ready for yoga wherever you are. (Both are safe for machine wash on delicate setting. Hang mat to dry.) Women's Yoga Short is fitted with stylish seams that accentuate your body's natural curves, 94% organic cotton, 6% spandex, has non-binding wide elastic waistband and concealed left hip pocket. Made in the USA. Yoga Short \$68 and Travel Mat \$29.98

Gaiam recently launched its first ever line of yoga clothing and kits for men. Resulting from the growing number of men who are taking up the practice of yoga, Gaiam sought out feedback from their in-house yogi's for inspiration. Yoga Pants were carefully designed with the yoga practice in mind (not too tight/not too baggy), light-weight and also great for travel. Men's clothing items are manufactured in the USA and feature eco-friendly performance fabric, made from recycled polyester \$78. A great idea for Father's Day! [gaiam.com](http://gaiam.com)

Need more energy for keeping up with your full schedule? Who doesn't? Natrol® Vitamin B-12 5000mcg Fast Dissolve tablets delivers high-potency energy support in a mixed berry tablet. Vitamin B-12 is also essential for healthy blood cells and contributes to the health of the nervous system. This fast-dissolve formula offers rapid dissolve technology, so no water is necessary, making it convenient for travel.

A good night's sleep is important for overall health as well as for our skin. When you sleep, your body repairs and renews itself. That process goes on at the cellular level in your skin. For restless evenings, I opt for Melatonin supplements to help get my beauty sleep. Melatonin is a hormone found in the body that promotes more restful sleep. Natrol® Melatonin Fast Dissolve provides relief for occasional sleeplessness, nighttime relaxation and better overall health (May help with combating jetlag symptoms or insomnia). No water required, though water is always a good thing. Both Supplements are \$12.99 each at [natrol.com](http://natrol.com)

*For more beauty industry tips and trends, like Jeanette on Facebook at Jeanette Frost Model/Makeup Artist or visit [jeanettefrost.com](http://jeanettefrost.com)*



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# AWAKENING

## SPEECH LANGUAGE PATHOLOGIST COLLEEN BADGERO GOES YOGI IN COSTA RICA

Living the fairly standard 20-something lifestyle had me in quite a funk. I had a sturdy job and was generally happy with the work, but was becoming burdened with how much of my energy it consumed. Approaching burn-out territory, I fixated on weekends and the "un-winding" process that typically involved bars, parties, and drinking to wash away the worries of the week. This pattern inevitably led to poor decision-making, an absurd amount of time wasted in recovery mode, and general feelings of malaise about my life.

One morning, after a particularly rough night, I finally 'woke up' for real in a yoga class. As I focused in on my breathing, and moving my body with awareness, I felt a rush of positive, invigorating energy flow through me. At the end of this formative class, while laying in Savasana, reality became blindingly clear; the one thing in my life that continuously made me feel strong and vibrant was yoga. Not only that, but the methods I was using to recoup energy were draining me even further.

Around the time of my 'awakening', I heard about a yoga teacher training (YTT) program in Costa Rica that sounded phenomenal. I had been toying with the idea of participating in a YTT for years to expand my knowledge of the practice. With renewed vigor for yoga and my wanderlust kicking into high gear, it finally seemed like the perfect opportunity to pull the trigger.

*"I finally 'woke up' for real in a yoga class."*

It took months of planning and saving to prepare to quit my job and complete a month long 200-hour YTT course. I arrived in Costa Rica destined for Anamaya Resort in Montezuma, a small beach town located on the southern tip of the Nicoya Peninsula. As I walked out of the airport terminal, I was drawn to a group of radiant women greeting each other and smiling brightly. I approached and introduced myself, feeling simultaneously excited and at ease, knowing that this would be my close family for the next month and beyond.

The 5-hour trek to Montezuma allowed me to get to know my new compadres and drool over the gorgeous landscape. The fact that Costa Rica has the highest density of biodiversity on Earth was easy to see. A lush variety of foliage covered the countryside with lizards and monkeys scaling tree branches, dogs wandering freely, and the calls of birds and insects filling the warm, dense air. During my stay, I would come to appreciate the integration of wildlife and human life that prevails in Costa Rican culture. It's a beautiful coexistence that fits perfectly with the yogic principles of compassion, non-harming, and unity of all things.

Arriving in the evening, we were greeted warmly by the Anamaya staff and served our first of many insanely delicious meals. The resort has its own organic farm where the majority of its food grows. Each day's menu was somehow different and even more delectable than the one before, offering vegan and gluten-free options along with a variety of fresh tropical fruit and the most incredible coffee I've ever tasted.

Though the setting and accommodations may have had all the makings of a luxurious vacation, one look at our packed daily schedule made it abundantly clear that the purpose of this experience was to learn about all facets of yoga in order to become qualified instructors and well-rounded human beings. We typically rose with the sun (which wasn't terribly difficult, given the breathtaking view of the sunrise over the ocean) and had to be sitting on the yoga deck, ready to meditate, at 7:00am.

After attempting to sit completely still and quiet our minds for an hour of meditation, we went straight into Asana practice, the physical series of poses linked with breathing that most people think of when they hear the word "yoga". Our instructor/life-coach for the month was Paula Tursi, founder of Reflections Yoga in Manhattan, NYC. She led the class with ease, strategically layering her vast wisdom piece-by-piece, so we could adequately absorb the material. Each class focused on an anatomical point (e.g., feet, hips, spine) with a link to a spiritual theme (e.g., stability, self-awareness, trust). Practicing daily in the warm, tropical air with the rainforest and the ocean as a backdrop will

definitely be an unmatched life experience.

The rest of each day was filled with sessions on alignment, Sanskrit and English terminology, modifications for injuries/ailments, practice teaching, and yoga philosophy discussions. Occasionally, we had extra sessions in the evenings for personal development exercises designed to help us dredge up, bare, and ultimately release our deepest demons, insecurities, and fears because total self-awareness is an important part of a holistic yoga practice. These evenings were crazy to some, emotional for most, and incredibly eye opening and beneficial for all.

Having shared some of the most intimate experiences of our lives, our group became intensely close. During our last week at Anamaya, we each taught a cohesive yoga class to our fellow yogis, incorporating all the concepts we learned. As we went our separate ways, it was difficult to say goodbye, but clear that we would be connected forever. Some were en-route to more adventures in Central America, some headed back to the grind, and the rest (like me) traveled home to an undefined new life with wide open opportunities for next steps.

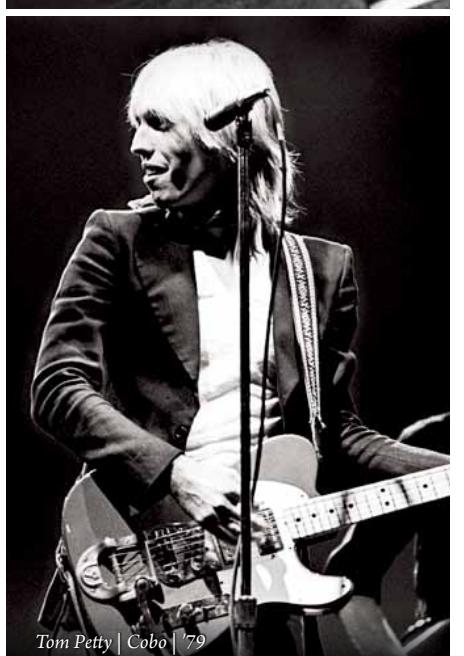
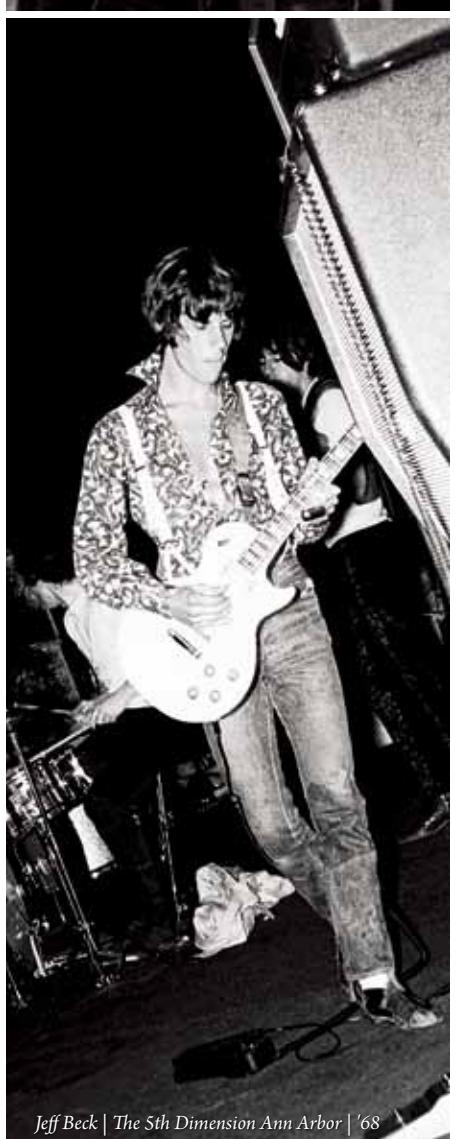
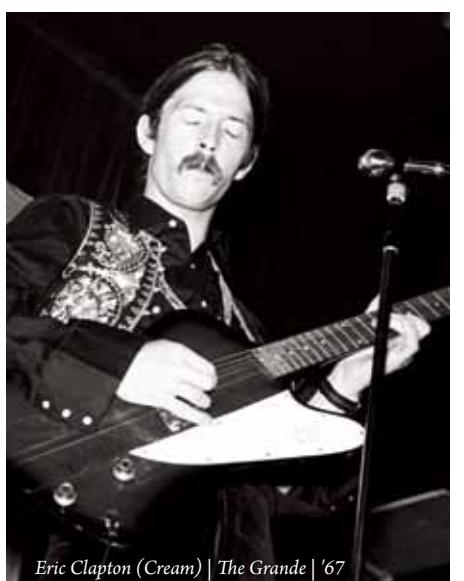
Wherever life takes me, I'll always hold close the lessons of my journey underscored by some of yoga's foundational principles: express gratitude for life's blessings, have faith that challenges are valuable and will ultimately lead closer to enlightenment, fill the body and mind with what nourishes and promotes wellness, exercise discipline to harvest fulfillment, and embrace every opportunity to form connections by recognizing the inherent unity of everyone and everything.

### Resort Info:

Anamaya Resort and Retreat Center  
<http://www.anamayaresort.com/yoga-teacher-training/>  
Phone- USA Toll Free: 1-(866)-412-5350  
Email- EnjoyLife@AnamayaResort.com

### Instructor:

Paula Tursi- Founder and Director of Reflections Yoga  
<http://reflectionsyoga.com/teacher-training/>  
Phone- 1-(212)-974-2288  
Email- info@reflectionsyoga.com





Pink Floyd | The Grande | '68



## ARTIST STATEMENT | tom weschler

My career in photography began as many photographers my age: with a Kodak Brownie camera in the 1950's. My first camera was the 'Hawkeye' model. I received it for my seventh birthday. I loved taking photos of anything that interested me. I went to junior high football games and shot the plays as they developed from the ground level. I rode my bike to motorcycle races and horse races at the 'track' in Livonia. My favorite subject, however, were the girls that lived on my block in Allen Park, Michigan.

We moved from my first home to Rochester, Michigan in the fall of 1963. By then, The Beatles were coming on strong on the radio. I noticed in the TV Guide that Ed Sullivan was going to host The Beatles on February 9th, 1964. I spent that Sunday getting my new Brownie Super 27 ready to photograph the show. When it was over I developed the film in my bathroom - which doubled as my darkroom - dried the film with my mom's hair dryer and proceeded to print a bunch of images of my TV with The Beatles on it!

The Next morning I boarded the bus and sat next to a very cute senior girl who wasn't happy that this little sophomore chose that seat. Well, not until I showed her my binder with about 30 small prints of The Beatles. Then she smiled at me and asked to borrow the binder and return it at lunch. We met in the cafeteria; she slid a small pile of money (\$39.00) across the table.

"What's the money for?" I asked. "You have the negatives for these photos don't you," she said. "I do," I said. She gave me a list of images to print and that was my first commercial photo gig! I figured: Girls, Music, Photography and some Money would be a good career.

And, that's how I began my life's endeavor in photography . . .



# TOUGH MUDDER

## A Test of Mental Toughness and Physical Endurance Awaits Metropolitan Writer Matt Counts

Some people enjoy a good hike in the woods. Others love lifting heavy things and putting them down again. Still, others enjoy a long, brisk run for miles and miles. For those of us who like all of the above a race has been devised to incorporate all these elements into one epic event, the Tough Mudder.

A 10 to 13 mile race with approximately 25 military-style obstacles, the Tough Mudder is designed by mad men to test one's strength, endurance, and level of insanity.

The Mudder features a pyramid-style monkey bar, set over waist deep mud, called Funky Monkey; A crawl beneath razor sharp barbed wire, named the Kiss of Mud; 6 foot walls for one's scaling pleasure, known as Berlin Walls; Bale Bonds, Dirty Ballerinas, Fire Walker, the Turd's Nest, and the ever feared Arctic Enema, where one must swim in literal ice water.

Not to be overlooked, of course, is a dash through electric tendrils.

And, so my training begins; all in the name of obtaining the legendary orange sweat band and the hardest earned Dos Equis I may ever have. As the old saying goes, "train hard now and not die later" - a mantra I have been repeating over the past two months when my legs no longer wanted to run, and my back and forearms have given up on completing more push-ups.

How does one train for such an event of



mental and physical grit, you ask? The Tough Mudder website ([www.toughmudder.com](http://www.toughmudder.com)) features tips on how-to. This, further research, and through a limited knowledge of participating in similar mud runs, I have found what I hope to be a successful training regimen.

At this point, I must provide the following warning: I am not a doctor or a personal trainer. Nor are others staffed with The Metropolitan. This account is just what I have found to work well for me. Always check with professionals before doing anything this stupid.

My training regimen consists of lots and lots of distance running - 4 to 5 times a week. I began at 5k and I'm working my way up to the 5 mile, while finding time throughout

the week to get in one long run - 7 to 8 miles. This is done usually on the road, but I prefer to do trail running whenever I get a chance (one mile on flat ground is vastly different than one mile through the woods, which is where the race is being held). This cardio is supplemented with a push/pull routine at the gym 3 to 4 times a week (one day focus on back, the other on squats). I also have a heavy emphasis on any climbing lift (pull-ups, chin-ups, frenchies, dips, etc), as well as power lifts (hang clean, squats, push-press). All this with a diet based on high protein, and moderate fat and carbs.

As of last month, one million people have joined the ranks of Tough Mudder, with less than 5% qualifying for the newest featured

race, the Toughest Mudder - a more grueling race, for the most grueling among us. I will personally need much more training, but the romance of being considered the Toughest Mudder keeps me going.

For those dear readers who may want to run in the Tough Mudder, you have my fullest support. The race takes place in Brooklyn, MI the 29th and 30th of June. For running times and prices, I would recommend checking [ToughMudder.com](http://ToughMudder.com). There, you will discover what other states are participating and when. Wish me luck and I hope to see you there!

And remember: Suffer the pain of discipline or suffer the pain of regret!

## QUIRK FACTOR [x2] By LiLiDreadz

### Motor City Comic Con [a review]

Held at The Suburban Collection Showplace in Novi (May 17-19), the venue proved to be a good fit, at first. Friday was a good day to take a look around the vendor booths, as well as the artist alley. I was rather impressed by the variety offered in both areas. The artist alley showcased a lot of up-and-coming artists, as well as some folks with a lot of experience under their belts. Visual art wasn't the only thing on display there, as the Great Lakes Association of Horror Writers attended, and I couldn't help picking up one of their anthologies to read by the campfire later this month.

There were some very big guests that attended as well, most notably Norman Reedus (of Walking Dead fame), and the legend himself, Stan Lee. It seemed that nearly everyone who attended Saturday was there almost exclusively to see those two. The numbers don't lie. Saturday's attendance levels were an easy record breaker for the convention, and some folks waited nearly 3 hours just to get in! Despite the tight squeeze, most vendors

were quite happy with this turn of events, as many were able to reap the sales opportunities.

Sunday was a little tamer, allowed families to enjoy convention without stress of losing little the crowd. This is the most notable between anime and Western-conventions, to be which the ones in probably difference conventions style comic book as the latter tends more family-friendly. Costuming seemed to be a lot more diverse as well. I was surprised, as I expected the majority of costumes to be super hero-based, but this was not the case. There seemed to be more emphasis on pop-culture references, although I did still spot a few Spideys, Supermen, and Bats thumbing through boxes of silver-age comics.

All in all, it was a great time, and if you are even remotely interested in attending next year, I highly recommend it. It's great fun, and a great chance to people-watch. Who knows? Maybe you'll score a great photo opportunity with your favorite celebrity!



### Pop Goes The Marble



Summer time is in full swing. The kids are getting out of school, and adults are finding any chance they can to fire up the grill. All of this warm weather fun is bound to make anyone thirsty, but what will you keep in your cooler? For those of us not in the mood for beer, we often reach for a can of soda (sorry! This is Detroit! A can of Pop). This may wet the whistle, but maybe you're looking for something a little different in that Tiger koozi. For the pop-aficionado wanting to take a walk on the exotic side, there's Ramune. Straight from Japan, Ramune is sure to fulfill your fizzy desires. The name derives from the Japanese pronunciation of the word lemonade. This makes sense, as the Brits brought lemonade over from England, thus inspiring the original flavor. Today, Ramune can be found in all sorts of flavors (35 and counting), such as pineapple, blueberry, muscat, and even chili!

Another notable aspect of this unique beverage is its packaging. A standard screw-top bottle is no fun! The real visual draw to this treat comes from the Codd-neck bottle (so named after its designer, Hiram Codd). The bottle utilizes the pressure from carbonation to keep a small marble lodged in the opening. A small plastic plunger, which comes with each bottle, helps dislodge the marble, and thus open the beverage. The neck of the bottle narrows, preventing the marble from falling down into the bottom of the soda. There's nothing more satisfying to a Ramune fan than the distinctive clink of marble and glass.

If all of this pop talk is making you thirsty, why not pick up a bottle for yourself? Ramune can be found in quite a few locations in the metro Detroit area. If you're in the Novi vicinity, check out Cafe Mirai ([Mirai-USA.com](http://Mirai-USA.com)), and One World Market ([oneworldmarket.us](http://oneworldmarket.us)), which are right next door to one another. Noble Fish in Clawson ([noblefish.com](http://noblefish.com)) has a large variety to choose from as well. In the Royal Oak area drop by Lift ([liftdetroit.com](http://liftdetroit.com)) - their cold case holds various flavors. Stock up, and make a real splash at your next barbecue! Just make sure to invite me. My favorite flavor is melon, by the way.



# INNER SELF EXPOSED

**Photographer:** Christian O'Grady  
**Model:** Jerilyn Jordan  
**Makeup:** Erika Broderdorf  
**Hair:** Natasha Vranic  
**Styling:** Kelly Johnson  
**Illustration:** Rachel Skotarczyk

## DETROIT ROCK CITY [continued from page 5]

**Eddie Baranek (The Sights, guitarist, vocalist):** One of the first times I met Jack White was at the Magic Stick, and he asked me, "Can I record your band?" I was kind of weird with him because I was like, "I heard, like, you have to play guitar on the recording. Is that true?" He said, "yeah." I said, "in that case, no."

**Jim Diamond (Ghetto Recorders, producer; Dirtbombs, bassist):** I mixed the first White Stripes 45. He recorded it at home and then brought the tapes over here to mix. They had a really good look. They were more conscious of that kind of stuff than everyone else. Everyone else is walking on stage, looking like they just got done weeding the garden. People didn't really have a look. The Dirtbombs had a look because they had a black guy and two drums. That was the look. Jack and Meg came to Ghetto to do their first album, and we had to do a lot of takes because she wasn't a drummer. He taught her how to play the drums, but he didn't play any of the drums—he let her. We had to do take after take after take, because she would mess up.

**Marcie Bolen (Von Bondies, Baby Killers, guitarist, vocalist):** I started dating Jack in '99. He still played in the Go once in a while at that time, and he was still married, but they were separated. She moved out and I moved in. They had been separated for a while. We dated right when they started doing some random touring. They were traveling in a van together and going around and he was calling me and said, "You know we play these weird small towns, and people are kind of rude to us beforehand. But after we get done playing people treat us totally different."

**Ben Blackwell:** Early on the White Stripes did three shows opening for Pavement, which would probably be the first real touring. That was in Towson, Maryland, someplace in North Carolina and the 40 Watt in Athens,

Georgia. The album came out in May, and this was September. We had an album and a single on Sympathy and two singles on Italy, a smaller label.

**Larry Hardy (In the Red Records, founder):** One of the big regrets of my career is that I missed the White Stripes. Jack sent me the first single with a really nice letter asking me if I wanted to work with them. I was working with the Dollrods and Andre Williams at the time, and they both had releases where I was going to employ a publicist, and I thought, "well, I'll get back to him." Mick and the Dollrods were strongly urging me to work with Jack, and I had heard nothing but good stuff. But I just didn't, and the next thing I knew they were with Sympathy with Long Gone John. I felt like the guy at Decca who lost the Beatles. I still have the letter from Jack. I have collectors asking me to trade them for the letter, but I don't want that out there as a testament to my badness.

**Ko Melina:** Long Gone John was doing records with all the bands in Detroit; he was really ahead of it all. He knew something.

**Dave Buick:** As far as anybody outside of Detroit, Long Gone John put out a Cobras record and through Steve Shaw and myself, we got him copies of the White Stripes singles on Italy. And he just realized that they had something. I encouraged Jack to put stuff out with Sympathy because I knew it would get out there more. In hindsight, I wish I hadn't done that.

**Rachel Nagy:** Long Gone made it possible for us to even exist. I mean, if we had \$5,000, we could have done this all ourselves, but he had it. He did it. The guy is kind of a scammer, but at the same time anytime we need anything, he's there. So he's also pretty much a peach.

**Long Gone John:** I had always done records with Detroit bands. I did a single with Ron Asheton, Destroy All Monsters. I love Niagara.

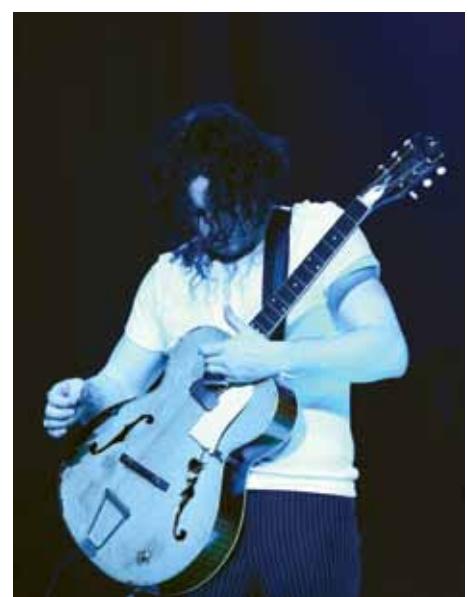
**Marcie Bolen:** Von Bondies were playing in Buffalo, and they were playing in New York. I took a train down to New York and met him

at Grand Central Station and then went on a tour with him and Meg in their van. There was me, Jack, and Meg. I drove once in a while. Then the White Stripes and Von Bondies toured together, first in the US.

**Jason Stollsteimer:** We knew who Long Gone John was because he put out a record by the Makers, who were one of my favorite bands. I knew he was at the Magic Stick one New Year's Eve. He looks like the beast from Beauty and the Beast, hair-wise.

**Joe Burdick:** Von Bondies weren't on Long Gone John's radar until after the White Stripes. John did the Cobras then the White Stripes then Von Bondies. He had come from LA to a New Year's Eve show in Detroit to see the Cobras and the White Stripes. Steve Nawara went up to Long Gone—he never saw him before and didn't know who he was—and he goes, "Sammy Hagar, what up?" Steve was trying to be funny, but no one wants to be called Sammy Hagar. We were like, "Ah, shit man."

**Jason Stollsteimer:** John—which is how he gets away with murder, bless his soul—helped a lot of bands that weren't very good at the time. We were just sloppy rock 'n' roll. There were certain things that he required from bands. If a band had a girl in it, there was a 90 percent chance he would put it out. One girl—it doesn't even matter if they play tambourine, if they're the singer, or the main song—he doesn't care. One of the opening bands was the White Stripes. We played by the men's bathrooms, with a little PA system with one microphone, and we're on floor level, so all you could see is me. He had no idea there were girls in the band because they were so short. The only thing he can see is from my nose up. "I really like the sound and I really think you could put out a record with this. I'm Sympathy Records. I'll sign you for \$2,500." He was a mix between Seymour Stein and some cartoon character. He gave us the \$2,500. We spent \$1,300 making the record and took the rest of the money and got a van. Jack produced it, and we recorded



at Diamond's. The album with Sympathy came out in 2001. Jack produced it, and they were going on tour and invited us. The White Stripes weren't big yet. In Montana there were 45 people. Chicago, 200 to 250 at the Empty Bottle. For the Detroit scene they were the biggest band by that time, late 2001. Kid Rock was bigger, but we never had seen him at a show in our lives.

**Marcie Bolen:** Jack would call me when they were starting to break and say, "Oh my God, we played this show, and all of a sudden I looked out, and I could see these people singing all the words."

**Ko Melina:** The White Stripes went on tour with Sleater-Kinney, and that was a huge deal for anybody in Detroit. They also got offered to do an ad for the Gap for something like \$75,000, and Jack turning it down. I thought, "Man, they're a really big deal now."

**Jack White:** I think that was one of the first offers we got for some money, and we turned it down. The funny thing was, a lot of those things, we really didn't know what to do. We needed the money, but we said no to it.

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## Jamaican Queens | WORMFOOD

Notown | Review: Anthony Brancalione

Not since White Stripes, White Blood Cells  
Not since granddaddy, Sophomore Slump  
Not since Flaming Lips, Yoshimi Battles the Pink Robots  
or radiohead, OK Computer

Have I spun a new release this often.

All songs are written, recorded, mixed and produced by Ryan Spencer and Adam Pressley, with additional mixing by Chris Koltay - exceptional work, boys.

Songs performed by Spencer, Pressley and Ryan Clancy are both exciting and poignant, moving in unexpected directions. Even the cover, a self-portrait by Abby Fiscus (additional vocals) at Harper University Hospital, is a testament to the band's authenticity, and life in Detroit.



"Every time you're feeling lonely, every time you're feeling blue  
every time you feel downhearted, just remember we're all WORMFOOD"

Thanks to Leander Johnson for the recommendation . . .

## METROPOLITAN THEATRE

**SAY HELLO TO OUR LITTLE FRIENDS**

By Donald V. Calamia



For more than a dozen years I've randomly asked people to name as many professional theaters in Detroit as they possibly can, and the response I almost always get is "The Fisher and the Fox" – in that specific order. And that makes sense, since both present national tours of major Broadway shows. From there, though, I get blank stares, some feet shuffling, and often a half-hearted short list of amateur theaters or professional theaters outside the city limits – which only proves my theory: that Detroit's vibrant professional theater scene is a well-kept secret, from even those who live within its borders.

Why that's so has been debated for years. Some blame the city's blue collar roots and its love affair with sports. Others believe it's the lack of attention from the media. And a few simply believe most theaters are lousy self-promoters. (That's often true, thanks to small marketing budgets and even smaller, inexperienced marketing staffs).

Me? After nearly 40 years in and around the business, I believe it's mostly all of the above. But that doesn't stop local theater artists from converging and creating an exciting and innovative industry that ranks near the top nationwide in both quantity and quality.

Like most major cities, Detroit is home to numerous "brick-and-mortar" theaters that either bring in or produce their own seasons of shows. But for decades now, a unique energy has surged throughout Detroit that demands a constant ebb and flow of "vagabond" theaters to spring up, usually started by recent college grads who plan to take the industry by storm. Others, though, are long-running companies that don't have the significant amount of cash needed to purchase and maintain facilities of their own.

One of the premier gypsy troupes is Plowshares Theatre Company, co-founded in 1989 by Gary Anderson. Michigan's longest-lasting – and now only – fully professional African-American theater company, Plowshares currently performs at The Boll Family YMCA Theatre in Downtown Detroit and produces plays and programs that affirm, exhibit and inspire African-American life.

Almost 20 years later, Magenta Giraffe Theatre Company was co-founded by Frannie Shepherd-Bates – in part – to reestablish and expand Detroit's theater district. Currently staging its shows at The Abreact Performance Space on the fringe of the city's historic Corktown District, Shepherd-Bates has quickly earned a reputation as one of the industry's up-and-coming rising stars.

In addition, Detroit has become home to several small professional troupes, each of which is different in concept and execution from the others – and all of which perform in a variety of spaces throughout the city. Shawn P. Entertainment and Big Girl Ideas offer programs throughout the area for African-American audiences, while Hole in the Wall Theatre Company is just that – an innovative company that offers inventive forms of art in whatever space meets their needs.

DB Schroeder did the opposite of many local thespians looking for new horizons: He moved to Detroit from Chicago to nurture his new Puzzle Piece Theatre. To leave a city known nationwide for its theater industry – especially in these economically depressed times – takes guts. But, then thespian's are a gutsy bunch, willing to experiment, often with little financial support – a major reason why I love Detroit's ever-changing professional theater community.

**Follow theatre in the city and elsewhere in Michigan | [www.encoremichigan.com](http://www.encoremichigan.com)**

**VINYL ANSWER**

**This month Laura Klein [Found Sound] drops the needle**

**Iggy and the Stooges – Raw Power (1973)**

Arguably the most iconic album released by Iggy and the Stooges, Raw Power is required listening for anyone who wants to learn about Detroit rock. Imagine simultaneously getting kicked in the guts and being kissed hard on the lips, under a full moon on Friday the 13th, while belligerently intoxicated – that's Raw Power. Heroin had its claws deep into Iggy during the writing of these tracks, resulting in two of his band members having to be replaced with former Stooges. Mixed by David Bowie in a low-budget studio, The Stooges became Iggy and the Stooges, and the primitive catharsis that is Raw Power was offered to the world. Re-released on Vinyl.

**Patti Smith Group – Wave (1979)**

Smith's last album with the group before taking a hiatus to raise a family and go solo, the Godmother of Punk pours her heart out in this follow-up to the wildly successful album, Easter. As all of Smith's releases, Wave was crafted to be much more than a record – it's a work of art. And good art isn't always understood by the masses, even if produced by fellow proto-punk musician Todd Rundgren. While Patti isn't originally from Detroit, I've decided to make her an honorary Detroit native due to her close ties with our city. Just before marrying legendary guitarist Fred "Sonic" Smith of the MC5, the couple moved into the Book-Cadillac hotel in 1979 and continued to reside in the area for many years together, where they raised a family. Did I mention Smith is also Meg White's mother-in law? Detroit loves Patti Smith, and we will always consider her part of our musical family.

**The Supremes – Sing Rodgers and Hart (1967)**

Starting out as a few high school girls who contributed hand claps and backing vocals at Berry Gordy's Hitsville, USA, The Supremes took the world by storm. Motown meets show tunes in Sing Rodgers and Hart, a collection of song covers written by Richard Rodgers and Lorenz Hart – a duo famous for their original music scores for stage and film productions. Songs like The Lady Is A Tramp, My Funny Valentine, and Blue Moon, all still widely recognized today, are beautifully sung by the Detroit divas. Diana Ross, Mary Wilson, and Florence Ballard (whom replaced Cindy Birdsong) all exude an uncanny amount of charm, sass, and wit on this last record before changing into Diana Ross and The Supremes.

**MC5 – Kick Out the Jams (1969)**

Recorded on both Devil's Night and Halloween at the Grande Ballroom in 1968, the MC5's live energy translates gorgeously to your home stereo speakers with Kick Out the Jams. The album begins with an intro of Wayne Kramer revving up a Detroit crowd and you, the listener, with a motivational speech that sets the tone for the upcoming tracks. "Brothers and Sisters, the time has come for each and every one of you to decide whether you are going to be the problem or whether you are going to be the solution!" The MC5 are giving listeners a much needed wake-up call. In "Motor City Burning," a John Lee Hooker cover, Kramer commends the Black Panther snipers during the Detroit Insurrection of 1967. Talk about punk as F.

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## THE CITY OF LIGHTS: Lazy On A Sunday Afternoon

From the busloads of tourists in the Jardin de Tuileries to the omnipresent signs warning visitors about the "pelouse interdite" (French for "keep off the grass"), it may seem like Paris is not a picnickers' city. But in fact the City of Lights is the perfect place for lounging on the grass with locals under some much-needed sun. All you have to do is grab a baguette and head to one of the following picnic-friendly parks.

### 1. Jardin de Luxembourg

While grass might be hard to find, pull up a chair in the Jardin de Luxembourg as you watch children race model boats in the fountain. After you've had enough of sipping pinot under palm trees, take a stroll around the park to enjoy the lengthy promenades, and keep an eye out for the small-scale model of the Statue of Liberty that dates back to 1870. The Jardin de Luxembourg is the perfect spot to bring kids, with amenities like pony rides, ice-cream stands and a merry-go-round.

### 2. Parc des Buttes Chaumont

One of Paris' largest parks, the wild Parc des Buttes Chaumont makes you feel like you are miles away from the city, with its steep cliffs, lakes and waterfalls. Perched above the rough-and-tumble, bohemian neighborhood of Belleville, Buttes Chaumont is the best place to go in Paris for a relaxed, tourist-free afternoon. The most snapshot-worthy views, which stretch all the way to the Sacré-Cœur, can be seen from the top of Roman-inspired Temple de la Sibylle.

### 3. Parc Monceau

Located in the sleepy 17th, the rolling hills of Parc Monceau are a breath of fresh air from Paris' crowds and congestion. Across the park you will stumble upon a wide variety of archeological treasures, such as an Egyptian pyramid, a Chinese fort, a Dutch windmill, and Corinthian pillars. The park was also the site of the first silk parachute jump in 1797, when André-Jacques Garnerin jumped from a hot air balloon and landed in the park to the delight of a large crowd.

### 4. Place des Vosges

Lounge beneath the linden trees at the Place des Vosges, a 17th century square that was once home to the French aristocracy. Victor Hugo's former residence (the author of *Les Misérables* and the *Hunchback of Notre-Dame*), is located in the square and today can be visited as a museum. One of the smaller picnicking spots in Paris, be sure to turn up early on a spring or summer in order to snag a spot of grass. Feel free to bring your laptop, as free wifi is provided.

### 5. Champs de Mars

Nothing will make you realize that you are in Paris more than picnicking on the Champs de Mars, the large gardens directly in front of the Eiffel Tower. While the lawns here were formerly used as drilling and marching grounds by the French military, they are now intended for much more leisurely pursuits. Spread out your blanket and enjoy prime views of the tower as you spend a lazy afternoon munching on cheese and bread.



## ONCE UPON A TABLE

By Anthony Brancaleone

PARIS-BASED LE FOODIST OFFERS FRENCH CULTURE THROUGH FOOD AND STORYTELLING

Nestled on a barge just beside the famous Notre Dame Cathedral, Le Foodist offers an enticing way to explore the fascinating country of France. Travelers have long sought to satisfy their craving for local knowledge and traditional food while on vacation. Recognizing the close connection between culture and cuisine, Ex-Pat Fred Pouillot spent 20 years living and traveling in Europe before developing a unique soiree that combines these two themes.

Once Upon a Table, located at le Foodist, is a one of a kind dining experience that brings guests together to indulge in gourmet French food and fine wines while learning about what is on their plate and why. Tourists, business

people and English-speaking expats have the opportunity to eat like the French while listening to educational anecdotes covering French food and wine.

When guests arrive they gather around one table as they are treated to seasonal specialties and carefully selected wines. Fine French fare is served in a number of courses including an entrée - which is, in fact, an appetizer - fish dish, main course, cheese selection and dessert, and Le Foodist follows this pattern providing guests with an authentic experience full of delectably French flavors.

Hosted by Founder Fred Pouillot, Once Upon a Table includes fun, factual and interactive stories and games that

discuss how food influences and reflects a society's values and beliefs.

"Food not only touches on, but is probably at the origin of many cultural practices around the world," says Pouillot. "Travelers seek to explore local food and tradition, and we have created an elegant event designed to unite people in their journey to do just that."

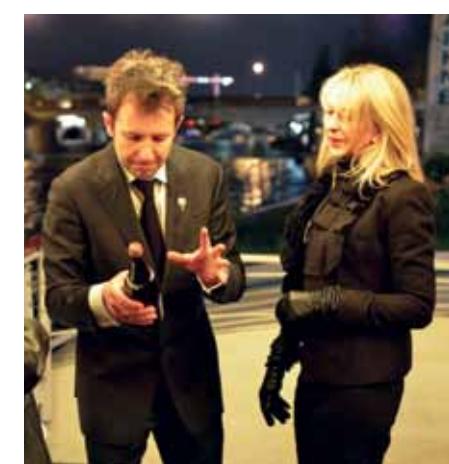
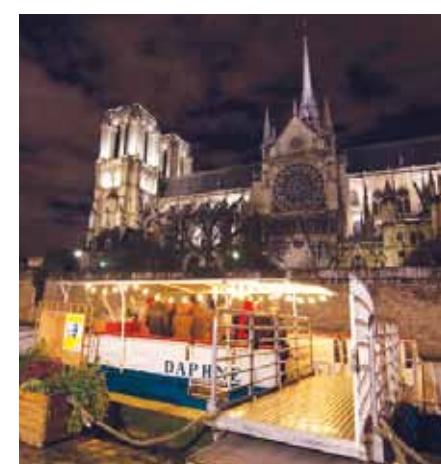
Stephane Bonnerot, the Sommelier at Le Foodist, has been exploring the world of wines since he was eighteen. Stephane co-hosts, and in addition to selecting the finest French wines to accompany each dish, he shares his savoir faire with guests over the course of the evening. Stephane has designed wine and aroma

exercises that empower attendees with knowledge and appreciation they will take home with them.

Each evening on Le Daphné Boat ends with a champagne toast overlooking Notre Dame. There, guests can reflect on their experience, converse with new friends, and appreciate an extraordinary setting in the heart of Paris.

Starting at 150 euro per person, 20% sales tax and tip included, for a five course dinner, wine, champagne, storytelling and games. Reservations are available for individuals, small groups, or private events.

For more information, please visit [www.lefoodist.com](http://www.lefoodist.com)

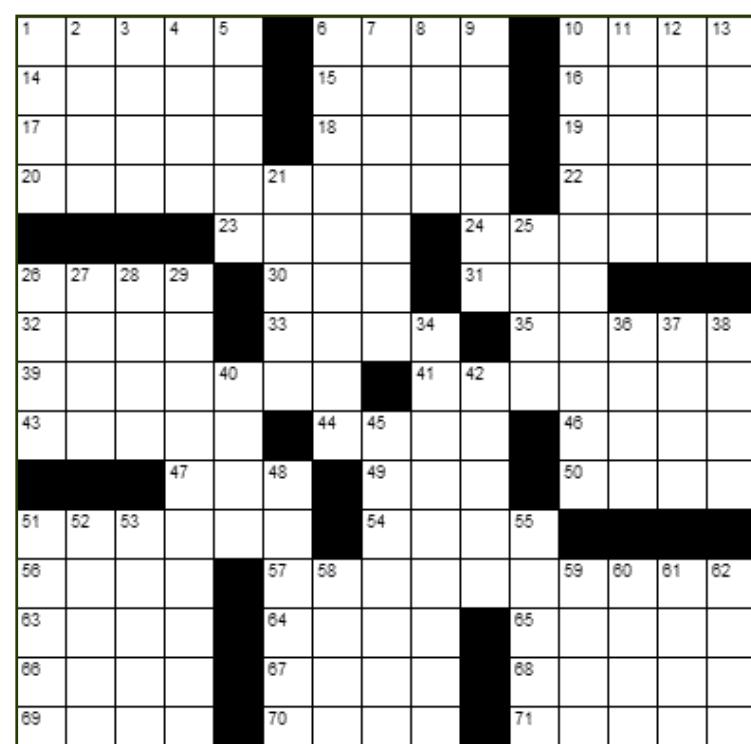


**CROSSWORD**

- ACROSS**
- Muscle contraction
  - Contributes
  - Gangster's gal
  - First Greek letter
  - Rhythm
  - Diva's solo
  - A worker of stone
  - Dogfish
  - Not stiff
  - Spectator
  - Nile bird
  - Helps
  - Set aflame
  - Publicize
  - 2,000 pounds
  - Droop
  - Pearly-shelled mussel
  - Again
  - Cat sounds
  - Lean back

- DOWN**
- Continuing forever
  - Glacial ridge
  - Sketch
  - Beige
  - 18-wheeler
  - Historic period
  - Lease
  - Convulse
  - Fluff
  - Warmth
  - A preacher
  - Hindu princess
  - Carry
  - Cowboy sport
  - Therefore
  - Fastens
  - Ancestors
  - Biblical garden
  - Probabilities
  - Collection of maps

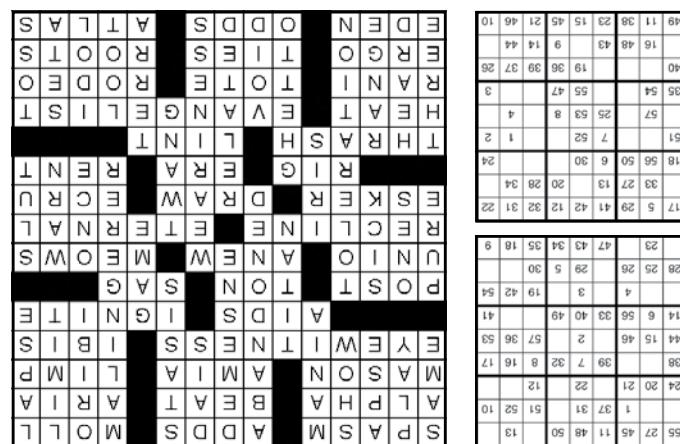
- Identical
- Participate in games
- Church alcove
- Display
- Craze
- Forfeited
- Estate
- Speaker's platform
- Stoppage
- Slacker
- Small African antelope
- Circumscribe
- Expire
- Any Greek god
- Contest
- Unadulterated
- 1 1 1 1
- III
- Permissiveness
- Fatigue

**SUDOKU**

9	2		4		2	8		
		2	8		7	1		
3	6							
		7	9					
				6	4			
8	6	4	1					
		9			2	7		
2	9							

8			2				5	
	3	8			7	1		
2	4				3	9		
	7	4			5	2		
6	7	2	5					
				8			1	

Sudoku Instructions: Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9. If you use logic you can solve the puzzle without guesswork.

**ANSWERS****DTW****BE RELAX SPA**

By Jeanette Frost

In airports all over the world new businesses seem to be popping up, making airport travel a more enjoyable experience. The Detroit Metropolitan Airport (DTW) is home to many fine businesses catering to travelers needs while still adding something unique to airport culture. Late June 2013 marks the grand opening of Be Relax in DTW, located in the McNamara Terminal, Gates 43- 45. Be Relax airport spas are now a must for any passenger looking for an oasis of wellness before take-off!

Be Relax offers relaxation and beauty services in spa-like boutiques, located inside airports around the world. The spa's mission is to make traveling more pleasant by providing a quiet break from the stress and hubbub inherent to most airports. Services are available on a 'express' 10-minute basis or a longer duration, lasting up to an hour. This flexibility allows the spa to tend both to passengers who are in a hurry, as well as passengers who have longer waiting periods. No appointment required.

*Be Relax offers the following services for men and women:*

- > Chair Massages
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- > Foot Massages
- > Manicures
- > Pedicures
- > Facial Skin Care
- > Waxing
- > Oxygen & Aromatherapy
- > Express Make Up

In addition to services, Be Relax sells a range of travel and massage-oriented retail products, which may be purchased at Be Relax locations and online at [www.berelax.com](http://www.berelax.com)

Be Relax [DTW] hours of operation are 7am-10am, open 7 days a week.

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