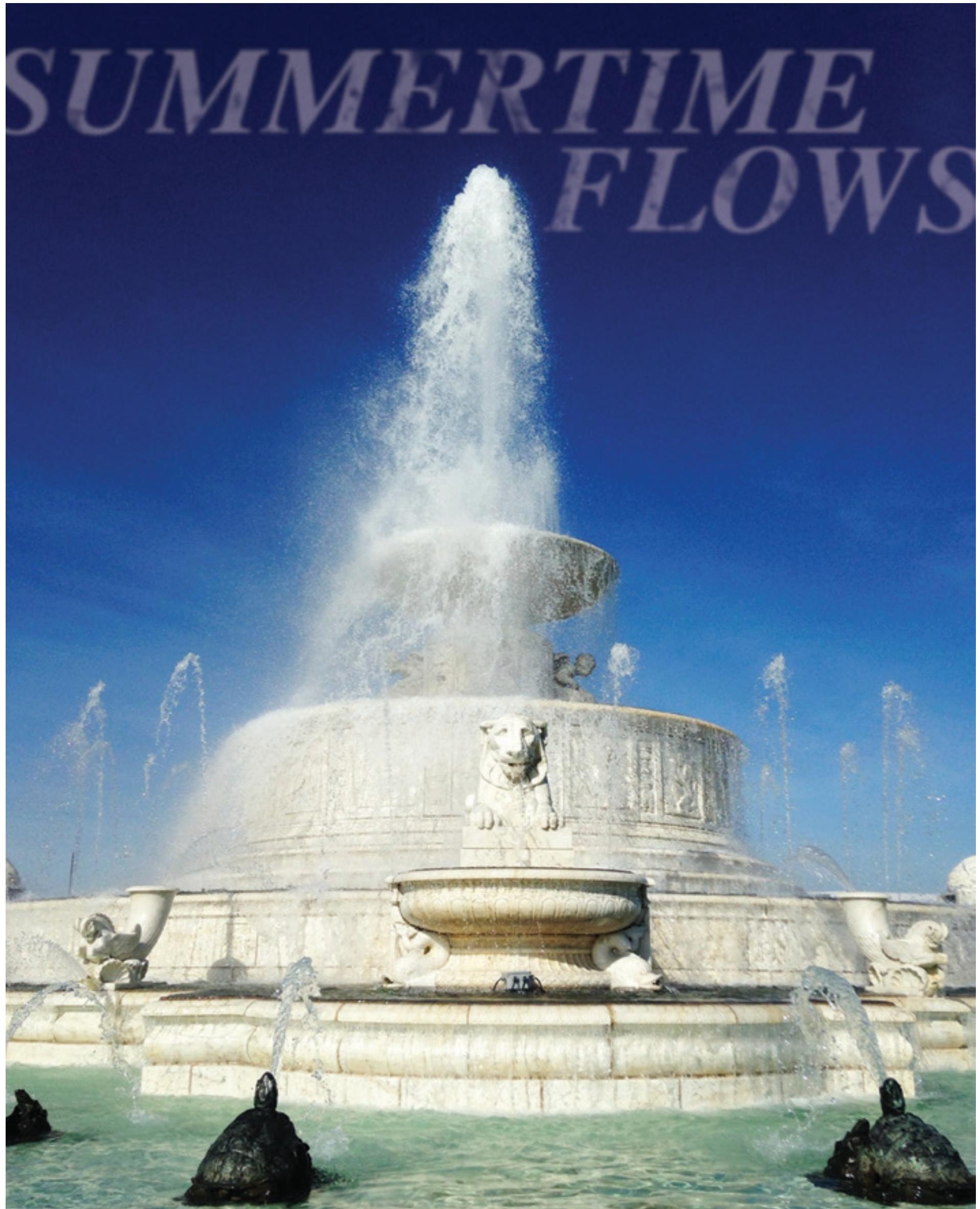


JUNE 2014 • VOL. 5 NO. 9

THE METROPOLITAN



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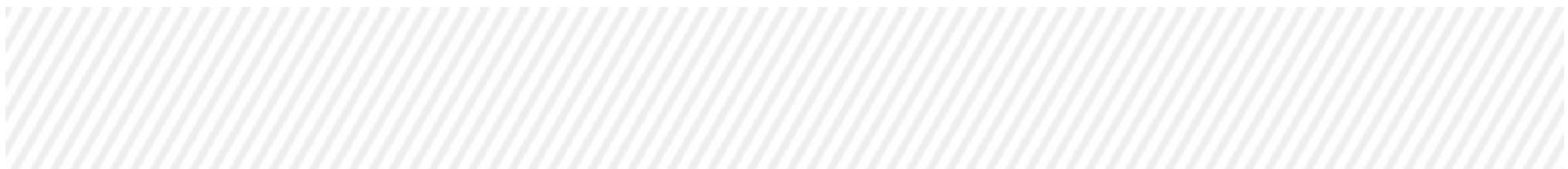
Letter from the Editor



From the Shores of Michi gami

Phoning this one in, my pretties. From a secret beach somewhere on the shores of Michi gami, amongst bikini girls, black cherry ice cream, superman, vanilla peach, round and round as it drips down the cone, sunglasses, lip balm and tan lines; hot sun beating down, the smell of coco oil, beach towels and umbrellas, bright orange, pinks, reds and yellows, deep blue waters, clear blue skies and soft neutral sands; boat horns in the distance, Hendrix from some hidden source, the Police, White Stripes, screams and laughing and Frisbees and volleyball, drinks in hand; skateboards and posturing boys, muscles tight, shorts baggy surf, still, girls abound; mothers on blankets reading books, with husbands asleep and burned and children with sandcastles away with the waves; Sunsets, Oh sunsets! how many more will I see? And, bonfires dotting the shore with glowing, flickering flame - yes, I'm phoning this in.

Anthony Brancaleone



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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.

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Cass Tech
Marching Band

COMMUNIQUÉ

For Free In The Detroit Airport?

Dear Sir: Your newspaper entertained and informed me during a tedious wait in the airport. I was surprised and delighted to find such an interesting newspaper (an article by John Steele Gordon, no less) for free in the Detroit Airport. Read the whole thing and brought it home with me. Wrote you a postcard and haven't found an address for real mail in the masthead or online. If you'd like a postcard, please send me an address and I'll be happy to mail it.

Appreciate your excellent work.

Sincerely,

Eileen Menteer, Mtn. View, CA 94043

Josh Malerman

Where in Allen Park is The Metropolitan available? Assumed Barnes & Noble, however, apparently not. Would like to read the Josh Malerman article.

Thank You,

Lisa Parisi

Editor's Reply:

The closest location to Allen Park is Tongue's Coffee Shop in Wyandotte. Of course, you can always find The Metropolitan at DTW or online at www.TheMetDet.com

Correction: BIGALORA.COM

Bigalora - What happened with this?

The misspelling of Bigalora several times in the article? Even the website link.

This is really an embarrassment. Is what is online what went to print?

I am highly disappointed and would like to hear back. I do not appreciate this lack of respect for our brand after we welcomed you to experience it and share our story.

Please advise.

Kelsey O'Neill, Wagstaff WorldWide PR, Chicago IL

Editor's Reply:

Hello Kelsey,

We did catch the typo with the web site link and are adding a correction in the Communique section of our June 2014 issue. Aside from that the spelling remains Bigalora throughout the piece. We hope our readers will appreciate the positive story about the chef, owners and food, rather than remain focused on the typo, and will still find interest in trying Bigalora for themselves.

US National Soccer Championship

Hello Metropolitan! Recently, I mentioned in a fb post, that we were representing Detroit metro area in a US national soccer championship. This is an internal soccer tournament organized by our company, Continental, one of the main companies on Automotive Industry preferred for the OEMs like Chrysler, GM and Ford just to mention the big ones in US. Our team (Motown) has players from all of our locations as Troy, Auburn Hills and Dearborn. Also, we are a team with more than 8 different nationalities. Fortunately we won this past weekend, now we will represent US in the Americas championship on July, celebrating in Mexico. Luca Ballini (captain) and Pete Carozza (HR representative) could give you more details if you are still interested.

Personally, I love the magazine, specially the pictures posted in fb from many interesting places.

Ivan Barrera, Detroit

Shake Shake Shake

Anthony, I have been wanting to meet you and shake your hand in person for a while now.

I love the Metropolitan and would like to talk to you about some ideas I have for how I might be able to help on your team! Also I would like to invite you to a couple cool events. Are you a music fan and what kind of music you like?

Sent from my iPhone,

Audrey V. Perakis

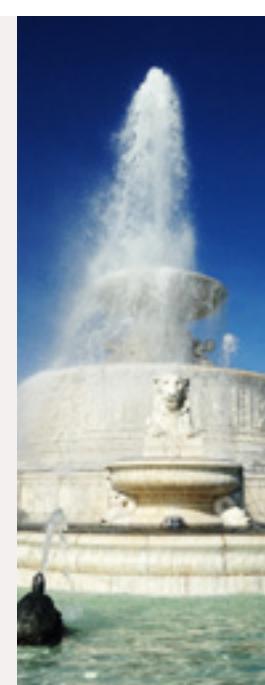
ON THE COVER

James Scott Memorial Fountain, Belle Isle, Detroit.

Image by Anthony Brancaleone

Designed by architect Cass Gilbert and sculptor Herbert Adams. Made of white marble. Completed in 1925 at a cost of \$500,000 (Approx 6.2 M today). After going dry in 2005, due to the theft of copper components that rendered it inoperable, the Fountain is back on.

Long Live Summer In Detroit!



Send emails, comments and suggestions to anthony@themetdet.com



BULLISH: How Business is a Lot Like Dating

PHOTO: DREW BURDICK

Business is a lot like dating. Like cold-hearted, competitive dating among people who don't love each other.

Once upon a time, when I was considering moving to New York, I looked for jobs. A Director of Marketing position was available at a company I'll call Quixoticidea.Com. I was an unconventional candidate — I'd never held a "real job," but had run a company for five years despite my youth — so I wrote directly to the CEO and pitched myself.

This resulted in a phone interview in which I gave a lot of free marketing advice.

I followed up, implying that I was coming to New York "anyway," and would the CEO like to meet? He agreed. I packed my best pinstripe outfit (paired with the black heels I wore to prom!), and spent half my net worth on gas to get to the interview. Again, the CEO asked me really detailed questions. He wrote down my answers on a legal pad. I thought it went well.

I drove back home and waited ... and waited. I sent polite emails. Nothing.

I moved to the city anyway. I was now really, really broke. But I got a third "interview." In a park. Who does an "interview" in a park? Someone who wants to make it very clear that We Are Keeping It Casual. He came prepared with extremely specific questions about marketing his company. I realized that I was being booty-called ... for my mind.

Quixoticidea wasn't about to commit. I tried to put the company out of my mind. Maybe see other companies. Maybe I didn't need a company at all! Maybe I'd be my own company.

It's not that hard to start a company with no cash. On Craigslist, I found a company willing to barter desk space, WiFi, phone, and the use of their mailing address, in exchange for marketing assistance. This arrangement also had the added benefit of allowing me to claim my first client.

Once I had settled into this comfortable marriage of convenience, I contacted Quixoticidea. "Hi there, CEO! Just want to let you know I've opened up MyNewCompany!"

Of course, everybody wants you once you're already taken. I wish that I had Jessie's girl, you know?

I had a job offer two days later. The CEO literally said, "Wow, when we heard you'd started your own company, we realized we really needed to lock you down!" He asked for a proposal (ha ha, "proposal"), which was accepted.

From this storied relationship, I learned that everybody wants you more when they think you're in demand. Start a company, get clients through barter or friends and family, and make yourself look like a sought-after expert in the field.

And finally, look for a new company before you're going to need one. While it's not nice to advertise your awesomeness as a potential mate whilst you are in a relationship, it's smart to do exactly that while you're in a job. After all, your employer is totally seeing other employees.

Jennifer Dziura runs GetBullish.com, which provides "aggressive lady-advice" for young, ambitious women. The Bullish Conference (bullishconference.com) takes place annually in Miami.



The Metropolitan last published Anthony Brancalene's piece, 'Michigan Central Station: North America's First Modern Ruin' in its March 2014 issue. We received several emails on the subject; including this piece by Wayne State student, writer, and blogger, Martin Michalek:

I know — it's exhausting to perpetuate the discussion of urban decay as it pertains to Detroit. Even more upsetting are people who glorify urban decay ad nauseam. Nevertheless, there's at least one discussion on the matter worth prolonging: What to do with Michigan Central Station — the monolith that has come to represent Detroit's decline? Well, I don't suppose it's going to turn back into a train station.

Journalists are still coming to Detroit to tell stories of urban decay. (October 2013's 60 Minutes piece made that entirely clear) Usually, such features run alongside images of blight, which isn't hard to find in Detroit, nor is it particularly Pulitzer Prize winning work. Yes, ruins in spades make a negative story, but imagine if we kept one ruin and made it beautiful?

Beautiful ruins aren't difficult to fathom...it's just difficult to fathom them in the United States, a place so obsessed with progress that it repeatedly repurposes or razes anything that might momentarily remind us of yesterday. But how many of us visit Europe to see ruins — Tintern Abbey, the Colosseum, the Parthenon? We love to see where civilization fell and nature snuck in. Like Homer said, ruins "worn away" are "majestic in their decay."

Some might say that the immense draw of these European ruins is their age, but what about Michigan Central Station (MCS)? It has only been abandoned since 1988 — by no means as old as Stonehenge — and still the station draws tourists and Detroiters alike. So whatever intangible thing is drawing people to ruins in Europe is also present in MCS. Make no mistake: I advocate that we tear down burnt-out homes, and renovate empty Downtown buildings. These are eyesores in places that should be filled with businesses and residences. But the train station isn't abandoned in a neighborhood, and it isn't abandoned in the heart of Downtown: it's in the middle of a park. It was a communal building in a communal space.

Pretend blighted houses will disappear, because they will. Buildings in Downtown will be filled. What then? Will this present chapter in Detroit's history be erased and ignored like some horrible stain in our past? There's no need to think every ruin has to be fixed and repurposed. Some element of this rise-fall-rise should be remembered. If one wants to play historical preservationist, then one has to accept all aspects of history. In other words, preserving Detroit's history now officially includes preserving its late-20th-century decline. Negative symbols become the strongest

positive symbols when we appropriate them and own them.

"Fill it with anything," some say. "Anything is better than an empty building."

Preservation isn't only about making sure that a building is making money. Preservation also means preserving the integrity of a building's original intent. Kwame wanted MCS to be a police station; some want to see offices, others want a mall. But there is, in fact, a wrong way to preserve a building. I'm of the opinion that Malls don't belong in parks, and there are plenty of empty storefronts along Woodward Avenue (designated to be shopping spots).

I propose we make the station free for anyone to enter. Let its sides stand as they are, but let the ruined insides become an open market. Let people open up shops there on warm, festive days. Let people picnic inside its large empty halls. It could be a balancing act, west of Woodward, to pair with Detroit's Eastern Market. A market — a ruin — brings a purpose that maintains the communalism the train station once had. It would repurpose the park, too, and bring more traffic to an area in need.

The Greeks had the agora, the Romans had the forum, the Germans have a platz, the French have a promenade or café, the British have their pubs. Here is an opportunity for Detroiters to have a neo-ruin towering over their park: a Romantic sight to stimulate the imagination. It's not difficult to do. It's just a matter of giving the building to the community.

Speramus meliora. Simulaverat artem. We hope for better things. It has represented art. Why not personify those better things — those meliora — with a structure that has best represented art: a Meliora Market?

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TOUR d'Etroit

DINING AL FRESCO

By Anthony Brancaleone

The Italians do it. The French do it. The Spanish do it. So, too, d'Etroit (Day-twa). After a very long winter season what could be better than enjoying good food, good drink, and good conversation with family, friends or lovers? Here are 5 Metropolitan suggestions for dining out-of-doors in the city – all tried and true!



Le Petit Zinc | Corktown

Nestled in the Corktown neighborhood of Detroit, Le Petit Zinc is a cozy "little bar" offering breakfast, pastry, a full menu of light salads, sandwiches, and the city's finest crepes. Take your meal and coffee inside this very colorful, French island inspired space, or be seated out of doors in the charming patio area that is truly a hidden jewel. Very much recommend the Jambon et Fromage and the Citron Sucre crepes, and I am always in the mood for Zinc's good coffee and croissant.

1055 Trumbull St Detroit | 313. 963. 2805 | www.lepetitzincdetroit.com



Belle Isle Fountain (Scott Fountain)

What could be more romantic than a picnic alongside the Fountain on Belle Isle (Technically, the James Scott Memorial Fountain, but the title itself seems to suppress romance) Simply drive, or ride your bike, over the gorgeous Belle Isle bridge (Or, Douglas MacArthur Bridge) and open your vintage picnic basket, filled with fresh bread from Avalon Bakery, artisan cheese from Whole Foods Market, fresh sausage from Corridor Sausage, and a bottle of white Lillet from Eastern Market's Cost Plus Wine. Now, if we can only get the state of Michigan to include an authentic Frenchman, with accordion, all will be right with the world.

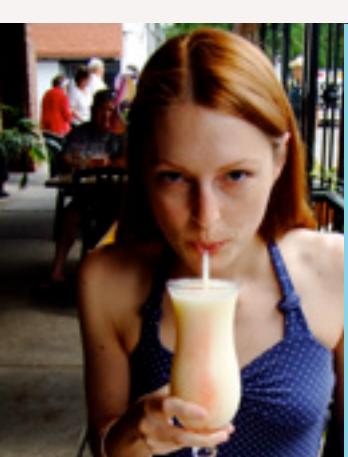
Note: If the Fountain is turned off please head to Belle Isle Conservatory and follow instructions above.



Fountain Bistro | Downtown

With, perhaps, one of the finest views in the city of Detroit, Fountain Bistro is perfect for lingering lunches, complete with light salads, flavorful sandwiches and full bottles of wine. General manager, Anthony Giannola, is the perfect host for business meetings, both attentive and understanding of his clients needs. But, Anthony and his staff also enjoy serving couples as they let time slip away alongside the fountain in Campus Martius Park. Happy Hour runs Monday-Friday between 4-7pm, and the staff at The Metropolitan has certainly enjoyed its share of Cheese & Charcuterie, red wine, and specialty drinks. May we suggest the French 75 this summer?

Campus Martius Park, Detroit | 313. 237. 7778 | www.fountainbistro.com



Los Galanes | Mexicantown

Sitting out of doors on the patio of Los Galanes is certainly one of the little pleasures in Detroit life; particularly on a hot afternoon, or when the sun is setting just right. From the colorful, Mexican tiled tabletops, to the addictive chips & salsa, to the variety of festive, summer cocktails (Margaritas, Pina Coladas, Daiquiris) Los Galanes is a welcomed respite from working your genius the whole day through. Can't say enough about the Tacos here (house made tortillas), but I have also enjoyed Caldo de Pollo (a delicious Mexican chicken soup) and have recently tried the Barbacoa, on the recommendation of the staff, and feel confident in suggesting these traditional Mexican dish to all.

3362 Bagley Ave. Detroit | 313. 554. 4444 | www.losgalanesdetroit.com



La Dolce Vita | Palmer Park District

Owner Enrico Rosselli certainly understands the concept of drinking and dining Al Fresco. His romantic, Italian restaurant's patio is on every publications "Best Of" list, and would be on ours, if we had a "Best Of" list. La Dolce Vita is one of the more Metropolitan locations for intimate lunches and dinners. But, it also delivers a lively brunch. Try the Steak & Eggs, with bottomless Mimosas. Beginning in June, the patio is dedicated to Tuesday night parties on the patio, with fresh cocktails, DJs, live musicians, and all the sexy locals. Plenty of Valet parking available. And, please, let Enrico know The Metropolitan sent you.

17546 Woodward Ave, Detroit | 313. 865. 0331 | www.ldvrestaurant.net



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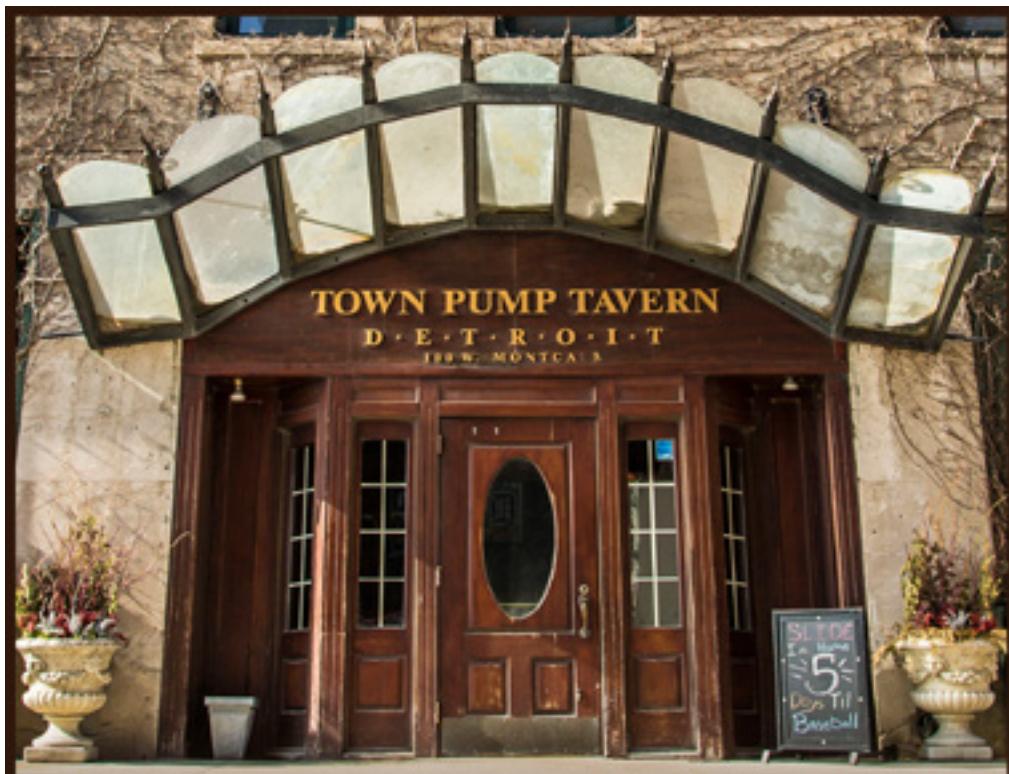
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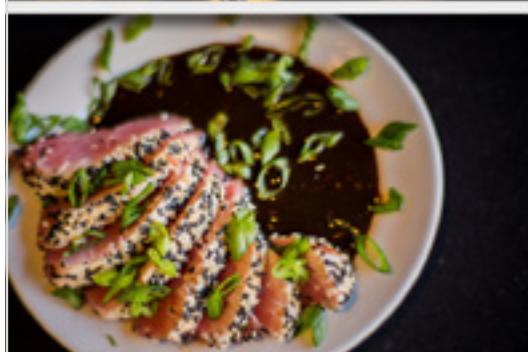


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WITH DARIO CHIARINI



I took a wine class once. We would taste wines blind and then try to describe the different notes we were experiencing. There was one gent in the class that was always first to raise his hand. "I get notes of...green apple...hay...and citrus" was the auto response for every white wine we tasted. "I get...black cherry...leather...and barnyard" for every red wine we tasted. Needless to say, this got old really quick but the exercise actually had some relevance. Essentially the teacher was trying to get us to articulate the wine's profile based in our own words. Wine gets a bad wrap at times because there can be a lot of (unneeded) pomp and circumstance surrounding some fermented grapes in a bottle. Wine really comes down to what you like but there is value in learning some basics. There is an incredible amount of wine floating around out there - and price is not always a sure fire way to select a bottle. Yes, there is a reason why some wines carry a higher price tag but the "quality/value" category has grown exponentially in recent years. And there are some stellar wines in the \$7-\$12 range that are great for everyday consumption. Being able to identify a varietal, flavor profile, producer or even an importer can help you hone in on the wines you like. Beyond the swirling and sniffing, there is one real important thing you need to do with wine - eat! That wine can bring out flavors in foods while pairing, to me, is one of the best ways to enjoy wine.

So, do you want some cheese with that wine?



Congregating with friends and family around food and wine feeds the soul. Small plates like cheeses, cured meats, bread or crackers, like crostini and grissini, cured olives and other prepared sides make the perfect

accompaniment to an array of wines. Next time you don't know what to make for dinner, hit up a specialty grocer and pick up a handful of these items. For typically less than the price of a good restaurant meal, you can nosh your



way through culinary delights from around the world. Cured meats like Prosciutto di San Daniele or Speck Alto Adige from Italy and Jamon Serrano from Spain are great imported options. And you can't have meat without cheese. Grana Padano, Asiago Fresco, Comte, Chèvre, Manchego and Piave are a nice range of hard and soft cheeses to balance your wine and meat selection.

Millennia of European culinary history and tradition have given us some of the food delights referenced above. But you don't necessarily need to look to the other side of the pond to get your fix. Domestic producers like La Quercia and Olli Salumeria are producing great cured meats in the Old World tradition. Old Europe Cheese, based in Benton Harbor, Michigan has been producing delectable cheeses like soft-ripened Brie, Camembert and semi-soft cheeses like Dutch style Gouda and Edam since 1987. Michigan-made wine is equally as good with production spread around the State from the Lake Michigan shore to the Sunrise Coast and Upper Peninsula. I asked an expert, David Armin-Parcells, Proprietor and Sommelier of MotorCity Wine to give me a few of his go to choices for Michigan wines. "M. Lawrence - Redd, Larry Mawby's answer to Lambrusco. Mostly dry, sparkling red with a lovely creamy mouthfeel. Try it with the Michigan made Reny Picot Camembert." Other great suggestions from Armin-Parcells include Left Foot Charley - Missing Spires Riesling and Bel Lago - Pinot Grigio.

Good food. Good wine. Can't go wrong. In vino veritas. **Cheers friends.**

WHERE TO FIND

FOOD

Plum Market

Ann Arbor, Bloomfield and West Bloomfield

www.plummarket.com

Western Market

447 W Nine Mile Rd, Ferndale, MI 48220

248. 546.7288 | www.westernmarket.net

DRINK

Motor City Wine

1949 Michigan Avenue Detroit, MI 48216

313. 483. 7283 | www.MotorCityWine.com

Birmingham Wine

588 N. Old Woodward Birmingham MI

Whole Foods Detroit

Ann Arbor, Detroit, Troy, W. Bloomfield

313. 576. 5300 | www.wholefoodsmarket.com

Vino Volo

McNamara Terminal - Concourse A - Gate 45

(734) 229-9900 | www.VinoVolo.com

Dario Chiarini writes about food, wine and spirits for the Metropolitan. 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.



A W A K E N I N G

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.

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 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.

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

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 was definitely an unmatched life experience.

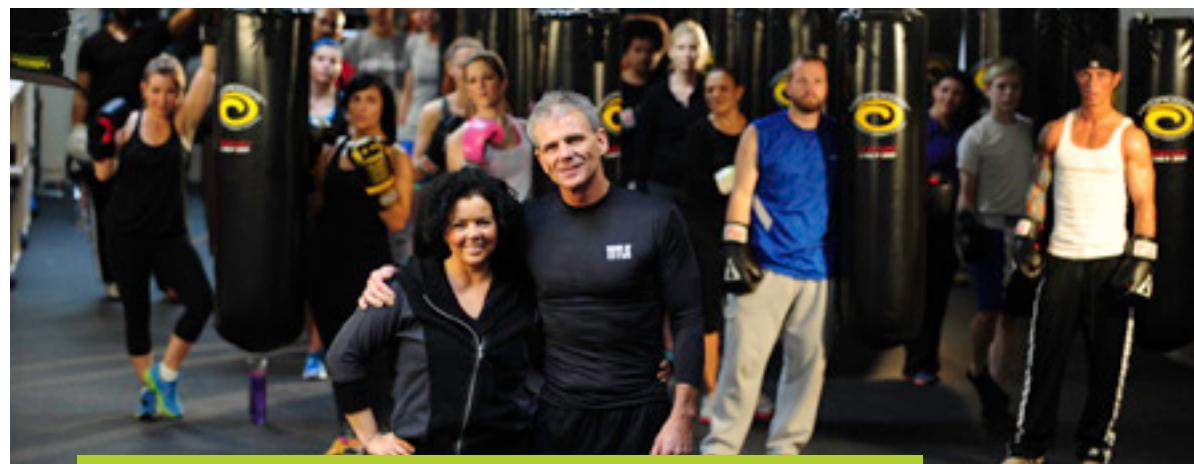
The rest of each day was filled with sessions on alignment, Sanskrit and English terminology, modifications for injuries/ailments, practice teaching, and yoga philosophy discussions. Occasionally, we had extra sessions in the evenings for personal development exercises designed to help us dredge up, 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.

Anamaya Resort and Retreat Center | www.anamayaresort.com/yoga-teacher-training/ | (866)412.5350

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THE BOXING RINK and DEYOGA ROOM

New Training Facility Opens June 15 In Troy

By Kathleen Kennedy

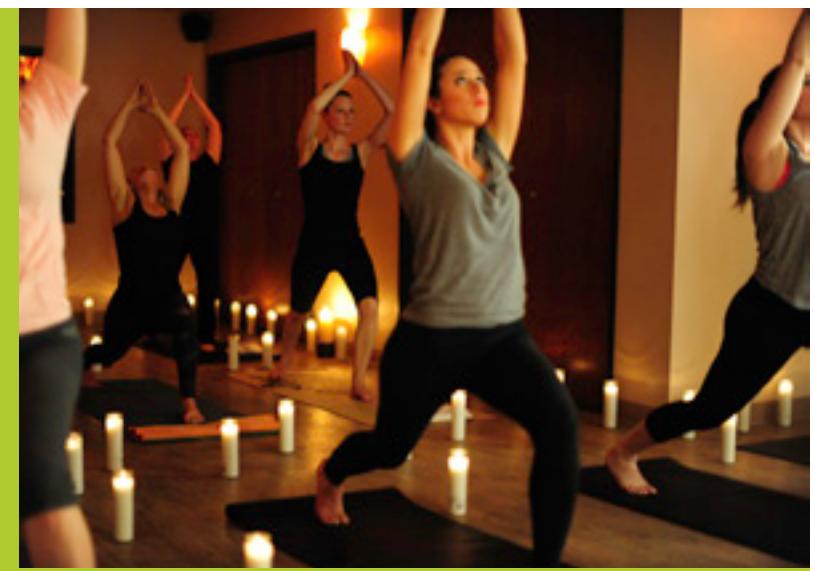
Certified Personal Trainer and former boxing prodigy, Michael Martelli, and partner Barbara Deyo have combined their knowledge and expertise to open a one-of-a-kind, state-of-the-art training facility.

The Boxing Rink was created to specialize in hockey cross training, giving hockey players the opportunity to learn how to protect themselves on or off the ice. Housed in a 6,100 sq. ft. facility, with a 20 ft. boxing ring - that features a synthetic ice floor beneath its surface – The Boxing Rink offers two 27 ft. shooting lanes, and features a unique construction of dasher boards, dryland flooring tiles, custom built shooting pads, and NHL regulation goals. Twenty 110 pound hydro-heavy bags, and a fully-loaded free weight area round out the training space.

"Boxing creates calm, focus and confidence," says Martelli. "It builds stamina, and works both upper and lower body at the same time. It gives people a sense of accomplishment and empowerment, while relieving stress, increasing focus, agility, speed and mobility."

Martelli started boxing at the age of 12 and in two years won the Silver Gloves State Championship. An invitation to try out for the 1984 Olympics was next, followed by an accident, which shattered the aspiring young boxer's wrist, and his dream to go pro. Martelli then pursued a career in engineering, but in 2012 he returned to his passion.

The Deyoga Room was built as a compliment to the training affiliated with The Boxing Ring, and consists of a fully heated yoga studio, as well as 2,000 sq. ft. of open mat.



"We wanted to create a special space where everyone feels welcome," says Barbara Deyo. "We think we've found a way to help people find both inner and outer strength."

Deyo, an internationally acclaimed makeup artist, and owner of Deyo For Face and Body (Birmingham), is also a health, wellness, and beauty writer, and has practiced both boxing and yoga for fitness throughout her life.

"We wanted to create a special space where everyone feels welcome,"
says Barbara Deyo.

"Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, which helps to manage stress and anxiety," says Deyo. "Yoga improves strength, balance, flexibility, and mental control, improving body awareness and enhancing mental clarity."

"Whether it be to become a future champion, improve your overall health and wellness, or just feel great about yourself, we're excited to help everyone achieve their goals," said Martelli. "We believe in quality, not quantity, so our classes will be limited to 20 people in order to focus on each client's form and function, and to give them the attention they deserve."

1705 Austin Drive, Troy, MI 48083 | www.theboxingrink.com | www.deyogaroom.com | 248.817.5243

Beauty MARK by Jeanette Frost

INDIGO SALON, SPA & BOUTIQUE

Nail salons come a dime a dozen. While there are so many places to get a mani & pedi, there are seldom those exceptional few that take extra care to create a blissful experience.

Located in a beautifully restored historic building, dating back to the 1800's, Indigo does a fabulous job combining elements of historic charm along with modern amenities for a comfortable spa environment. After check in at the front desk, I was given an option of coffee and biscotti, tea, or Frappe Vino (wine slushy). While enjoying my tea and biscotti in the spa's waiting lounge, I was given a heated neck wrap, which put me fully into Zen mode.

My nail technician, Marti was welcoming and had a great sense of humor. She began with an Anti Aging Manicure, which consisted of products by CND and Dermalogica: Almond Milk Bath, cuticle trim, nail shape, Anti Aging scrub, and then moved into a hand and arm massage, with Almond Hydrating Lotion, and finished with my choice of polish. I opted for Vinylux Polish, which dries in 10 min, lasts 7 days and doesn't require being professionally removed, like Shellac.

Marti then brought me over to the pedicure area, which had super comfy bench seating. She refilled my tea and biscotti (who's going to turn down seconds?) and started my Spa Pedicure: Marine Mineral Bath, Marine Scrub and Marine Cooling Mask, all of which felt absolutely amazing, particularly after being in heels for several days in a row. Marti continued with a warm Paraffin Wax dip to seal in the mask, a Fig Lotion massage, that almost to me to sleep, and finished with Vinylux Polish. My hands and feet looked younger, felt fabulous for days, and were ready for a new pair of cute shoes!

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ADORNMENT by Jeanette Frost

Have extra fun in the sun with these cute and colorful finds:

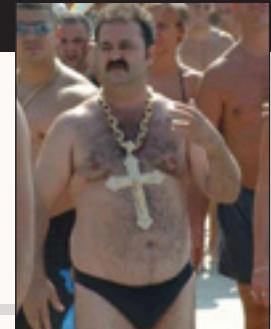
Chinese Oil-Paper Umbrella // Whether it's a day at the beach or pool party, toting a Chinese oil-paper umbrella will add functioning art to any outfit. Not only does a Chinese umbrella keep those harmful rays at bay, it's also steeped in rich history. The origin of oil-paper umbrellas started in China, some time around the Tang Dynasty (618-907 AD) and quickly gained popularity throughout the rest of Asia. For centuries, umbrellas have been used in traditional events like weddings, dances, tea ceremonies and funerals. \$7.99-\$10.99 • **Wen's Kitchen Supply & Co.** | 31662 John R Rd Madison Heights, MI 48071 | (248) 589-2483

Marilyn Monroe Hair Ties // The world renown Marilyn Monroe Spas has an online boutique loaded with fabulous hair, makeup and skin care products (the likes of which Ms. Monroe would have surely adored). Hair ties are ceaseless and can also be worn as fun bracelets. Marilyn Monroe Hair Ties come in a set of 5 ties and are available in two collections Gold (pictured) and Silver. Marilyn's iconic lips can be found on one of the hair ties in each collection. \$15 • MarilynMonroespas.com

Napa Sandal by Italian Shoemakers // On a recent trip to DSW, I discovered these multicolored slides and fell in love! Every collection by Italian Shoemakers is made in Tuscany, Italy; a region that takes pride in craftsmanship. The platform and heel are made of wood and have a mod style cut-out. You can feel the quality when you wear these. Also, provides very surprising comfort. \$49.95 • dsw.com

HOMMES / REGARDING SWIM WEAR

by Marquis d'Etroit



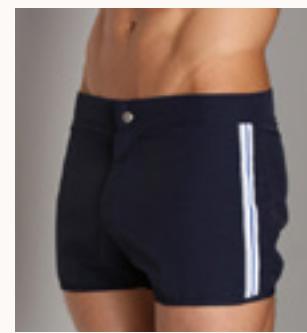
One of the issues placed before a gentleman during the warmer climes is in regard to his choice of swimwear. Seemingly, a simple decision, finding the proper water short can be troublesome, indeed. Let's see if we can't work our way through this dilemma by observing the following guidelines, shall we?



The Board Short - Designed mainly for surfers and skateboarders, the board short has become the staple in swimwear. Though, some styles extend just beyond the knee most board shorts stop right above, making it perfect for children, or schoolboys still enjoying their high school years. Unfortunately, brands like Corona have hooked collegiate level sun worshipers, thus over saturating the market with ridiculously designed, ill fitting garments that scream, "look girls, I drink beer, and have the shorts to prove it!" Still, this short works for those wishing to keep their bottoms on while performing miraculous feats of watery athleticism, thanks to the double safe Velcro and lace tie up.

Wear: If you are under 22, a water athlete, or are tall, with very long, slender legs.

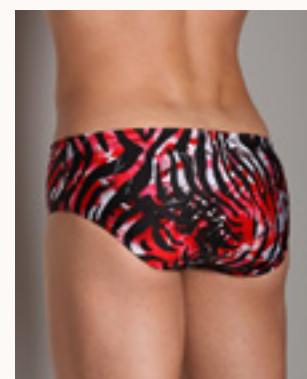
Do Not Wear: If you are of regular build, have shorter legs, or have enjoyed too much beer



Boxers & Swim Shorts - Simply put, real men wear either boxers or swim shorts. Made famous by such icons as James Bond (Sean Connery), Freddie Mercury (Queen), and Don Draper (Mad Men) the difference between the Boxer (loose) and Swim Short (fitted) is minimal. Both fun, sporty and effervescently cool, these suave styles will make em' swoon, with mid-length silhouettes that are perfectly suited for beach or poolside.

Wear: If you are a real man

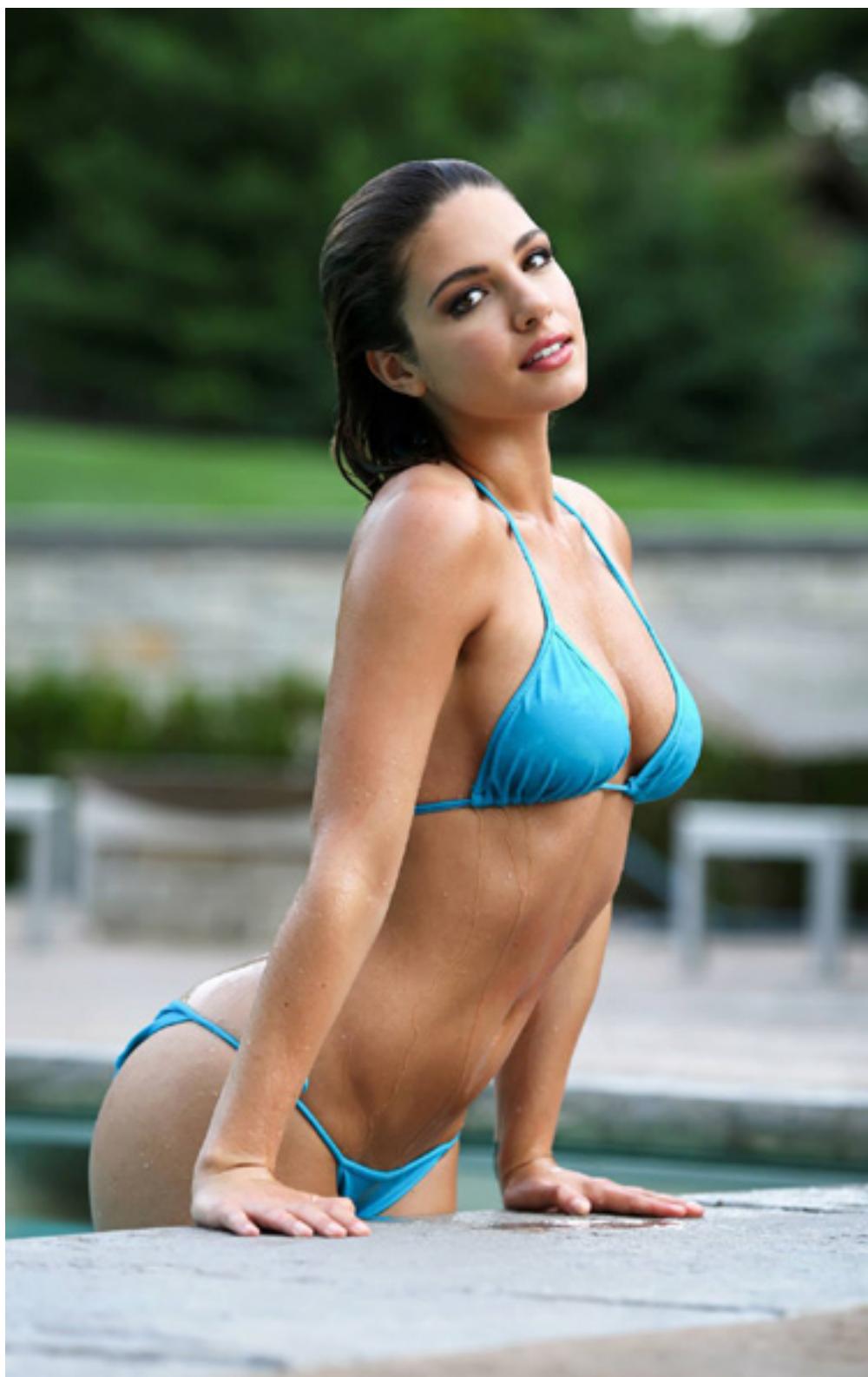
Do Not Wear: If you are not a real man



Briefs & Thongs - Perhaps, the most confusing in men's swimwear is the category of Briefs and Thongs, for they comprise a demographic that seems to cast a wide net. From Olympic swimmers, to bondage and fetish, to body builders, to gay or straight, to fat, hairy, over-weight tycoons, anchoring off the coast of Turkey, Briefs and Thongs have left their indelible mark on global society. Offering a minimal amount of coverage, usually constructed of stretch-resistant Lycra, these swimwear options are best suited for moments of irony.

Wear: If you are an Olympic swimmer, gay fashion model, or riding your bike downtown Detroit

Do Not Wear: If you fall outside of that very narrow niche



Model

JESSICA ASHLEY

I know the power of a portrait is in the subject's eyes, so as a model I do what I can to allow the passion within me to show through an effort of focus. As someone born & raised in the Detroit area, focus is what has always gotten me through obstacles. My journey so far has led me to working & networking with iconic brands and accomplished artists the world over, as well as to a degree from the University of Michigan, and plans for a graduate program in the near future.

I've worked as an art model, a commercial model, and a fashion model -- now this month I am representing one of the most recognizable brands in the world, as Playboy's Miss June 2014. I've also ventured into some acting lately, including the lead role in a country music video often seen on CMT, "Love Song" by Kevin Fowler. This week I was filmed for a scene in an upcoming feature film, alongside a Hollywood veteran or two, and I am looking forward to seeing that on the big screen.

This year I am also working as creative director for a charitable project to raise awareness & funds for organizations that establish educational centers, provide food & shelter, or give micro-loans to those in need. I'm booking uniquely stunning women from all over the world to participate in this project, and to thereby set an example of confidence, success, beauty, and generosity for all other girls & women.

Images: Brent Taylor





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313**June 6 – July 12, 2014**

In commemoration of Detroit's 313th birthday, the Detroit Artists Market (DAM) has gathered nine preeminent photographers whose striking visuals form a tribute to the city. Explore familiar and lesser-known aspects of Detroit through the eyes of these photographers who range from recent college graduates to the patriarch of Detroit photography, Kresge Eminent Artist Award-winner, Bill Rauhauser. The 313 photography exhibition is filled with images that touch on a variety of Detroit-centric themes, including car culture, immigration and diversity, urban agriculture, and notable city architecture. The exhibit offers the opportunity to visualize Detroit's past and present through rare photographs, like the Carlos Diaz series "Unknown Landmarks," a body of work last shown 26 years ago at the Museum of Modern Art in Bogota, Columbia. "313" opens Friday, June 6th at 6pm with a birthday cake reception. In addition to the exhibition, DAM will also be hosting a Gallery Talk moderated by artist and curator, Gary Eleinko on Saturday, June 28th, 2014 at 11 a.m. - 12:30 p.m. with the exhibiting photographers.

DAM | 4719 Woodward Avenue Detroit | 313. 832. 8540 | www.detroitartistsmarket.org.**PRAXIS****Curated by Birte Kleeman • Through June 27, 2014**

The exhibition PRAXIS focuses on the political factions evolving in the United States of America during the late nineteen sixties that came to fruition in the seventies, including the liberation sought by Black Power movements, the freedom from tyranny advocated by wide-spread anti-Vietnam War struggles, and the foundations of gender equity forwarded by feminist activists. Just as such political groups emerged simultaneously, influencing each other, works in the exhibition associated with each of these domains thematically and politically cross-reference one another, creating a dense fabric of meaning, image, and sound evocative of that turbulent period.

The exhibition embodies the interaction and layering that defined the 1970s, while mirroring the public activity of those times. The installation allows visitors to listen to original recordings of historical value, read through period magazines and books, and consider the cultural context of the era, as they view works of art on display.

PRAXIS | Elaine L. Jacob Gallery | Wayne State University Detroit | 313. 577.2423

WARHOL ON VINYL**ArtMembers' Opening Reception is June 20 from 6-10pm. The exhibitions open to the public on June 21 through July 22.**

Cranbrook Art Museum opens new exhibitions that will debut June 20-22. Beginning with Warhol On Vinyl: The Record Covers, 1949-1987+, the Museum will exhibit almost 100 album covers, including variations of more than 50 unique designs by Andy Warhol throughout his career. Featured in the exhibitions will be the world-premiere of five recently discovered albums from the 1950s that have never before been exhibited. See every cover Warhol designed, from the iconic Rolling Stones' Sticky Fingers to the extremely rare Giant Size \$1.57 Each, his first Pop Art record cover.

The sculptural furniture of designer/craftsman and former Cranbrook Academy of Art student Paul Evans will be on display in Paul Evans: Crossing Boundaries and Crafting Modernism. And the multifunctional furniture and architectural units of Ken Isaacs will be showcased in Culture Breakers: The Living Structures of Ken Isaacs.

"Cranbrook is widely recognized as the 'cradle of Modernism,' a history that we have reflected in our two most recent summer exhibitions, George Nelson: Architect | Writer | Designer | Teacher and Michigan Modern: Design that Shaped America," says Gregory Wittkopp, Director of Cranbrook Art Museum. "This summer we are illuminating some of the lesser-known stories of mid-century Modernism, including two designers that studied or taught at Cranbrook: Paul Evans and Ken Isaacs. We will also look at Andy Warhol, who, although undeniably iconic, is not known for his designs for record covers. With the recent gift of this collection from Frank Edwards and Ann Williams, Cranbrook Art Museum now has the world's most comprehensive collection of Warhol's record covers, including several covers that have never been seen publicly."

Cranbrook Art Museum | 39221 Woodward Ave, Bloomfield Hills | 248.645.3323

GUGGENHEIM ISSUES GLOBAL CALL**Design Competition for New Proposed Museum in Helsinki**

Stage One Open to Architects June 4-September 10, 2014



With launch events on June 4 and 5 in Helsinki and Venice, the Solomon R. Guggenheim Foundation has formally called for entries to begin its open, international architectural competition for the design of a proposed Guggenheim museum in Helsinki. The two-stage competition is expected to draw submissions from a wide range of firms and individuals—emerging and internationally famous—from Finland and around the world. This is the first time that the Guggenheim Foundation has sought a design through an open competition. It is embarking on this new course in one of the fastest-growing metropolitan areas in Europe, located at the intersection of East and West and respected internationally for its heritage of modern architecture and design. The firm or team selected through this competition will take its place in the lineage of both Helsinki, as exemplified by renowned architects such as Alvar Aalto and Eliel Saarinen, and of the Guggenheim, with its landmark buildings by Frank Lloyd Wright and Frank Gehry, and first-of-its-kind carbon-fiber structure by Atelier Bow-Wow. Richard Armstrong, Director of the Solomon R. Guggenheim Museum and Foundation, announced details of the competition process at a recent media conference at Helsinki's Restaurant Palace.

"It is essential to the Guggenheim's mission to engage directly with people throughout the world, to affirm the transformative potential of art, and to fuse the experience of contemporary art with great architecture," Mr. Armstrong stated. "This competition advances all of those goals, with the aim of inspiring an exemplary museum of the twenty-first century that is also a meaningful addition to the landscape of Helsinki."

The Guggenheim is organizing the architectural competition in consultation with the City of Helsinki, the State of Finland, and the Finnish Association of Architects (SAFA). The competition is managed by the London-based firm Malcolm Reading Consultants, a specialist in architectural competitions for arts, heritage, and nonprofit organizations.

Speaking on behalf of the City of Helsinki, Mayor Jussi Pajunen stated, "Helsinki wants to profile itself as a city of culture and design. The international architectural competition regarding a Guggenheim Helsinki museum builds on the legacy of Helsinki's year as World Design Capital and the rich architectural tradition present in the cityscape. I look eagerly forward to seeing the ideas on how the historical South Harbour could look in the future."

Professor Erkki Leppävuori, President and CEO of VTT Technical Research Centre of Finland and a member of the competition jury, stated, "This competition promises to be extremely exciting. The site poses potentially productive technical challenges to architects and structural engineers, who also must address the high expectations and lively opinions of our citizens. I am sure that the competitors will respond with many excellent proposals. Finland and Helsinki need more groundbreaking cultural hot spots, and I expect this competition will enhance and broaden our discussions about culture."

Rules and Schedule of the Competition

Anonymous submissions for Stage One of the competition are due September 10, 2014. An eleven-member jury chaired by Mark Wigley, professor and Dean of the Graduate School of Architecture, Planning and Preservation at Columbia University, will meet in Helsinki and select six finalists from the submissions received during Stage One. Submissions will be judged on the basis of their architectural design, relationship to the site and the cityscape, practicality for users, sustainability (including criteria for the use of materials), and feasibility. An online exhibition will enable the public to view all entries in Stage One, with special prominence given to the thirty highest-rated submissions. The City of Helsinki and the State of Finland are expected to deliberate on whether to proceed with the construction and development of the museum after the competition concludes. For further information, the public and interested architects are invited to visit the competition website: designguggenheimhelsinki.org.



15 MINUTES FROM THE AIRPORT

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AIA Detroit brings to life their mission of public outreach and inclusivity at a spectacular evening of architecture and design-themed entertainment during the 2014 Detroit Design Festival. More details: www.aiadetroit.com

"Events like these demonstrate AIA Detroit's commitment to building collaborative relationships for the public good – engaging and educating the community about the positive impacts that architecture and design professionals have on our City." - Robert Platek, AIA Detroit 2014 President

EXCHANGE CLUB MOVEMENT BEGAN IN DETROIT 103 YEARS AGO

By Joe Neussendorfer, Aff.M.ASCE, ESD



On any given day, there are probably at least 5 members of the National Exchange Club travelling through Detroit Metropolitan Airport who do not realize the organization they belong to actually started in Detroit, Michigan. It was founded March 27, 1911, by businessmen who wanted to "exchange" ideas on making their community better. The first Exchange Club in America is Detroit Club Number One. As the Exchange Club movement grew to national prominence, it moved its headquarters to Toledo, Ohio.

During the 1940s, the Exchange Club centered its programs around seven areas of service which included education, agriculture, aviation, citizenship, commerce and industry, federal youth rehabilitation, youth and geriatrics. In the mid-1960s, the Exchange Club adopted its present National Programs of Service activities. Also known as the "four pillars" of Exchange, the club brought in to more significant focus the most important issues of the day and affords local clubs the ability to structure activities according to their specific communities. Its current programs, among others, are Americanism, Community Service and its national project, the Blue-Ribbon Prevention of Child Abuse initiatives.

Since in early beginnings in the Motor City, the National Exchange Club now has some 700-plus clubs and over 22,000 members throughout the United States and Puerto Rico. Exchange is the country's oldest service organization operating exclusively in the United States. The Exchange Club's core philosophy is contained in the organization's "Covenant of Service," written in 1923. It was formally adopted in 1927. The Covenant of Service states: "To consecrate my best energies to the uplifting of social, religious, political, and business ideals; to discharge the debt I owe to those of high and low estate who have served and sacrificed that the heritage of American citizenship might be mine; to honor and respect law, to serve my fellowmen, and to uphold the ideals and institutions of My Country; to implant the life-giving, society-building spirit of Service and Comradeship in my business and social relationships; and to serve in Unity with those seeking better conditions, better understandings, and greater opportunity for all."



Your writer became a member of the Exchange Club in the early 1970s. Since then, Exchange Club Number 1 of Detroit has held its luncheon membership meetings at several historical venues. Meetings were held in the old German Harmonie Club at Harmonie Park in Detroit. At one time, the Club used to meet in a back room of the now-demolished Grecian Gardens Restaurant in Greektown, across from Old Saint Mary's Church.

In recent years, it has been your writer's honor to have served three terms as President of Exchange Club Number 1 of Detroit. In 2011, the National Exchange Club held its 100th Anniversary Convention in Detroit. Hundreds of Exchangites from around the nation were treated to good-ole Motor City hospitality.

Exchange Club Number 1 of Detroit is always looking for new members who are committed to the ideals of the aforementioned "Covenant of Service."

If any Detroit area resident or business person is interested in joining the Exchange Club or supporting the Club's programs, he or she may contact current Detroit Club Number 1 President, Dominic Sarvello, at (313) 550-9347, or President-Elect, John Schober, at (586) 776-6022.

The Exchange Club Number 1 conducts its membership meetings at the historic Detroit Yacht Club on Belle Isle. If you are a newcomer to Detroit and want to hit the ground running and to network with some mighty fine folks who are committed to Detroit and its turnaround, then you need to consider becoming a member of this outstanding, historically-grounded organization.

For more detailed information about Exchange and its many service programs, or if you are a traveler from another part of the country just passing through Detroit Metro and would like to locate an Exchange Club in your own hometown, visit the following website: www.nationalexchangeclub.org

Joe Neussendorfer, Aff.M.ASCE, ESD, is a Life Member of the National Exchange Club.

His email address is: jneussendorfer@mindspring.com

Matt Counts takes us on



THE GREAT AMERICAN FAMILY ROADTRIP

Destination Sunshine



7 am glared off the dashboard as we pulled out of the driveway. Ipods updated, books selected, handheld games in hand. A mere 22 hours separated us from living fantasy. Disney World – here we come!

Mom, Dad, my three younger brothers, and my wife Juli and I all crammed into the red minivan, still tired from lack of sleep (One tends to be restless before a journey like this). Regardless, we had to move. "No time for coffee," Dad said. "We have a long drive ahead."

Our route was straight down I-75, from the north to the southernmost peninsula of tropical fun and paradise. Approaching the onramp, about one mile from our starting point, my middle brother, Jimmy, felt his stomach churn and became carsick. Welcome to vacation.

The next eight hours was a frantic whirlwind of omnipresent boredom and lethargy as we made our way through the northern states, Michigan, Ohio and Kentucky. Behind us now, all too smoothly, it was Tennessee where we had another come apart.

Silence fell upon us at the rest stop. All eyes were on the kindergartener in the minivan. We needed air. I still needed coffee, but it was "time to go." Back into the van we went. Back on to the freeway, as if we had a deadline to get to the next state. Driving hours became days, became weeks, became more. Technology lost its charge, leaving us with nothing to rely on for entertainment but the blur of the trees, a few fruit roll ups and an assortment of Wetnaps.

And then - There! Just beyond the patch of palms. The promise land! The promise land had been reached! Massive amounts of excitement filled the cabin of the minivan; until dad announced the news that another "4 more hours" separated us from the condo we would be spending the week in. This was followed by

bumper-to-bumper traffic, and all kinds of tollbooths. 6 hours later, we arrived. With my last breath, I wished my lovely wife good night and slipped into dreamy oblivion.

Time to go! No time for coffee this morning! The headache from lack of caffeine was beginning to catch up with me. Onward, to the sea-tattered shores of Typhoon Lagoon, arguably the best water park ever. Where thousand foot waves crash over you, while overfed parents, and their equally overfed children, sputter and scramble to remain afloat. I swam, enjoying myself, but also in fear that the warm spots I felt were not from the sun. "Did you put on enough sunscreen?" my wife asked. "I don't know, did I?" I thought.

I did not. There are no words for the pain I was in. No words. All the fun in the sun had left me as red as an Italian sports car. There was no sleep to be had like this, at all. The sheets on the bed felt like ten thousand stabbing needles. I submerged myself into an ocean of aloe, but it didn't help. Nothing helped. I lay awake and imagined the arctic: cold, refreshing, arctic air. It also didn't help.



"Time for coffee?" I asked, sleep still in my eyes. "No time," came the reply. Not this day. This was the day we would live fantasy. With, perhaps, the single most magical day of any American's life ahead of us, we piled back into the minivan. Stinging from sunburn, and with a murderous headache from no coffee in four. Damn. Days. We discover that the air-conditioning had gone out. Time to meet the mouse.

Disney World. We were greeted by massive lines and overbearing sun, hopelessly watching other tourists shuffle by with their brood, searching for another ride, one more souvenir, or just one more deep-fried, sugar-coated, gluten ball to consume before finding another line to wait in.

Ten hours and two rides later, we watched the sun set into twilight. Exhaustion began setting in while we waited for the fireworks. My blood-caffeine level had never been so low, and after two full days

in direct sunlight I can barely wear a shirt without soul crippling pain. Time to enjoy the cool tropical breeze and watch the best use of pyrotechnics this side of Asia.

Two words. Two words were all it took for the shite storm to begin. Those two words haunt me to this day, destroying my own dreams that one Jiminy Cricket promised would happen if I wished upon a star.

"I'm tired". It was my youngest brother, Mikey. The youngest in our group was... tired of Disney World??? As my mind tried to find the logic of those words being put together, it was decided (against the group) that it was time to go. No fireworks. No parade. No cheap light-up sword or other kitschy toy. I had never seen my Dad run until this day. He mumbled something about "beating the crowd" and was off.

Back to the condo. No sleep again. Not only am I still on fire for two days now but I am also starting to peel. Torture. Wake up call. No time for coffee. Back into the van.

The beach! Now my vacation can truly begin. Bikinis, ocean waves, and fruity cocktails! This is the Florida I was searching for. However, this is not to be found on Florida's Venice Beach. It is vastly different from its Cali counterpart. The sand is littered with shark's teeth. Millions of them. Wade out into the ocean and grab a handful of sand. You WILL find a shark tooth. The more unsettling part, however, was the depressing lack of cocktails and the giant jellyfish, ready to sting at a moments notice. Question: ever add the piercing sting of a jellyfish to a peeling, and now blistering sunburn?

Back to the condo; where I try to sleep, but can't. 7am we roll out. Ipods dead. Books covered in sand. Handheld games lost. The sting of sunburns affects us all and I have such a bad caffeine headache I can no longer think. We were done. Spent. On the road, still caffeine free, Florida was now behind us with nothing but the long road ahead.

The Great American Family Road Trip – everyone has gone on it and we will all continue to do so. It is our way. The memories and stories are worth their weight in salt. Florida, you never cease to amaze me - “C” you real soon, “Y” because I love you.





The following information is designed to help navigate the Detroit Metropolitan Airport (DTW) and its surrounding areas:



DTW has two terminals: McNamara & North. Delta and its Sky Team partners Air France and KLM Royal Dutch Airlines operates from McNamara Terminal, while all other airlines operate from North Terminal.



BAGGAGE CLAIM

When you arrive at DTW, follow the signs toward the terminal/baggage claim. If you wish to grab a bite to eat or browse one of DTW's many shops before leaving the airport, we recommend stopping PRIOR to leaving the TSA-screened area, as food and shopping options are limited outside of security. If you have baggage to collect, take the elevator/escalator down one level to Baggage Claim. At the bottom of the escalators, check overhead monitors to find the Baggage Carousel for your flight. All baggage carousels at DTW are shared among airlines, so be sure to look for your arriving flight (listed in alphabetical order by the city you last departed).

Missing something? If a checked bag does not appear on the carousel assigned to your flight, or if you believe you may have left something onboard the aircraft, visit your airline's Baggage Service Office located on the baggage claim level.



TRANSPORTATION

Luxury Sedans and Taxis are available 24/7 from each terminal's Ground Transportation Center, and no advanced reservation is required.



North Terminal: Both Luxury Sedan and Taxi services are dispatched from the upper level of the Ground Transportation Center. Upon arrival in Detroit, and once all checked luggage has been claimed, follow signs to Ground Transportation on Level 4.

McNamara Terminal: Both Luxury Sedan and Taxi services are dispatched from the center of the Ground Transportation center, located on level 4 of the McNamara Garage. Upon arrival in Detroit, and once all checked luggage has been claimed, follow signs to Ground Transportation.

All courtesy shuttles to local hotels, rental car agencies, on and off-airport parking, as well as all commercial shuttle services, pick-up and drop-off at each terminal's Ground Transportation Center. To access these shuttles upon arrival in Detroit, once you have claimed any checked luggage, follow terminal signs to Ground Transportation.



CURRENCY EXCHANGE

ICE Currency Exchange kiosks are available for passengers at the North Terminal and the McNamara Terminal. The general public can access all Pre-Security ICE Currency Exchange areas. We suggest you call ahead for the hours of operation.

Airport Ambassadors

Identified by their blue vests, Airport Ambassador volunteers can be found at information desks located in each Terminal or roving to assist customers throughout airport facilities. Ambassadors help the elderly, international travelers and persons with disabilities navigate their way through the airport. They help passengers make their connecting flights, find their families, or map out the next steps of their journey. They find safe lodging for stranded passengers and connect returning soldiers with their families. They assist airports and airlines with helping customers navigate the facility.



IMPORTANT PHONE NUMBERS

McNamara Terminal

Pre-Security at the International Arrival Level – 734.941.1231
Post-Security Near Gate 38 – Phone: 734.941.1202

North Terminal

Pre-Security at the Baggage Claim Area – Phone: 734.955.9414
Post-Security near Gate D9 & D10 - Phone: 734.955.2652

General Airport Info: 734. 247. 7678

Parking Info: 800. 642. 1978

Terminal Paging: 734. 229. 7199 | McNamara 734. 247. 1000 | North

Airport Police: 734. 942. 5212

www.metroairport.com



AREA HOTELS



WESTIN | DTW

The only upscale hotel in the Detroit Metropolitan Airport, offering guests a private security entrance, access to McNamara Terminal and 24 hr shuttle service to North terminal. Fitness Studio, indoor pool, whirlpool, 28 meeting rooms, and the quintessential hotel bar.

2501 Worldgate Place Detroit | 734. 942. 6500

MARRIOT | ROMULUS

Detroit Metro Airport Marriott hotel is just minutes away from DTW. Rooms start at \$80 per night, with live flight information updated on the lobby monitor every 15 minutes. Fitness center, swimming pool, and complimentary airport shuttle service. Hotel pub.

30559 Flynn Drive Romulus | 734. 729. 7555

WESTIN BOOK CADILLAC | DETROIT

Located in the heart of downtown Detroit, The Westin Book Cadillac returns legendary style and glamour to Detroit. Traditional rooms to Executive and Luxury Suites. \$200 million renovation, The Book houses ROAST Restaurant, Boulevard Room Detroit, Spa 1924 grill and The Motor Bar.

1114 Washington Blvd Detroit | 313. 442. 1600 | bookcadillacwestin.com

HOSTEL DETROIT | DETROIT

With 4.4 out of 5 google stars Hostel Detroit should be on every young and or adventurous traveler's list of places to stay in the city. A convenient location - close to Corktown, -with a clean kitchen and room linens, the hostel also offers a computer, wifi and printer, friendly staff, directions to points of interest and bicycle rental.

2700 Vermont St Detroit | 313. 451. 0333 | hosteldetroit.com

WEBER'S INN | ANN ARBOR

A deluxe full service Boutique Hotel, Restaurant, and conference center, - founded in 1937 by Herman Weber - the Weber's Inn offers complimentary high speed internet, Four Seasons pool and recreation center. Breakfast, Lunch & Dinner offered in Le Bistro, with drinks in The Ventura Bar and entertainment in the Habitat Ultralounge.

3050 Jackson Ave Ann Arbor MI | 734. 769. 2500 | webersinn.com

DETROIT METRO AIRPORT ABASSADORS EARN PRESIDENT'S VOLUNTEER SERVICE AWARDS

Sixty-three Airport Ambassadors at Detroit Metropolitan Airport (DTW) have been honored with the President's Volunteer Service Award at a banquet luncheon recently held at DTW's Westin Hotel. One Ambassador received gold for the first time in the history of the program. The President of the United States issues the award every year to volunteers as a way to thank and honor Americans for their volunteer service.

"The level of commitment demonstrated by our Airport Ambassadors is tremendous. We are extremely proud of all of our volunteers for the extraordinary service they provide to the travelers at the airport, many of whom are arriving into Detroit for the first time," said Airport Authority CEO Tom Naughton. "We're particularly honored to have Airport Ambassador Bob FitzGerald attain gold status for the first time in the program's history."

DTW Airport Ambassadors provide customer service at five locations throughout the airport in both terminals. Ambassadors can be identified by their blue vest, or blue polo shirt answering questions, or helping connect lost and stranded passengers with their families.

Each Airport Ambassador was presented with a bronze, silver, or gold pin corresponding with the level of service reached in 2013, along with a certificate and letter from President Obama at an awards luncheon held at the Westin Detroit Metropolitan Airport.

The President's Volunteer Service Awards were established in 2003, and are officially issued by the Corporation for National and Community Service.

To learn more about the Detroit Metropolitan Airport Ambassador program, please visit:

<http://www.metroairport.com/volunteer>

To learn more about how to qualify for the President's Volunteer Service Award, visit www.PresidentialServiceAwards.gov or call (866) 545-5307.

DTW Honored for Procurement and Construction Excellence

Four awards captured by the management team at Detroit Metropolitan Airport (DTW) and Willow Run Airport (YIP) was presented to the Wayne County Airport Authority (WCAA) Board recently. The award recognizes an entity for work or innovations in public purchasing, involvement with the community and contributions to MPPOA and the purchasing profession.

Michigan Concrete Association's Director of Engineering for SE Michigan, Kerry Sutton, PE, presented two **Awards of Excellence** to the Airport Authority. One was for the reconstruction and relocation of two DTW service roads and the second for the reconstruction of the northern portion of Runway 4R-22L also at DTW.

Finally, the Merit Award for Engineering from the American Council of Engineering Companies acknowledged the complex engineering work that went into DTW's Force Main project. The project allows WCAA to discharge waste water to separate sewerage treatment plants. This project had previously won an Environmental Achievement Award from Airports Council International-North America.

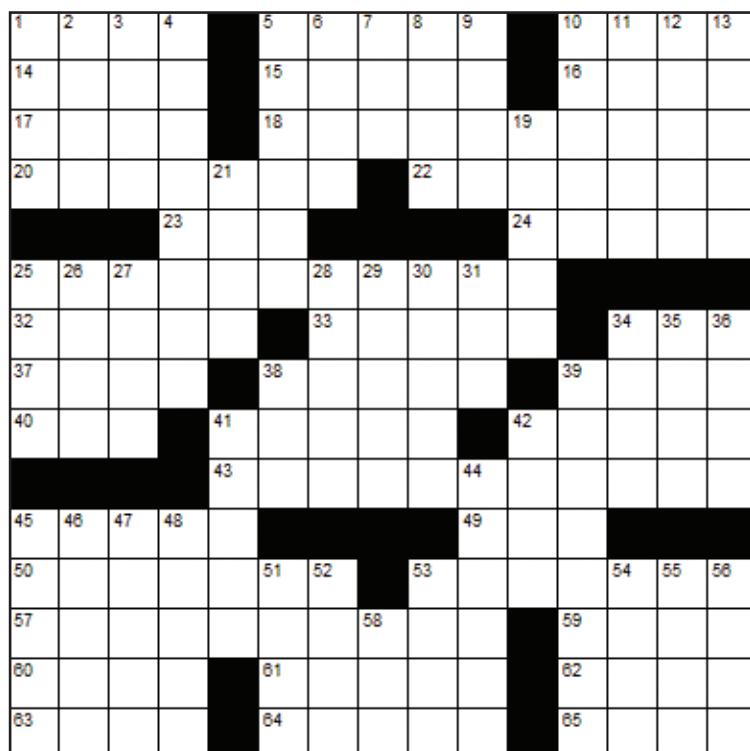
CROSSWORD

Across

1. Walk in water
5. Young sheep
10. Bit of gossip
14. Astringent
15. Poplar tree
16. Rational
17. Coarse file
18. A type of biologist
20. Ways of doing things
22. Income
23. Ottoman officer
24. Daisylike bloom
25. Protuberances
32. Creepy
33. Arm of the sea
34. Preschooler
37. After-bath powder
38. Give off
39. Arithmetic
40. Operative
41. French for "Our"
42. Eagle's nest
43. What's received from parents

Down

45. Slash
49. French for "Word"
50. Goddess of healing
53. Praise
57. Graniteware
59. River of Spain
60. Skin disease
61. Not fluid
62. Narrow opening
63. Bobbin
64. Leave out
65. Oceans
1. Not cool
2. Wings
3. Powdery dirt
4. Forceful
5. A four-wheel covered carriage
6. Garments of goat hair
7. Got together
8. Make unclear
9. Arid
10. Small islands
11. Corrupt
12. Follow as a result
13. Gauge
19. Nautical for stop
21. Monster
25. Animal companions
26. Harvest
27. Paris airport
28. Coming after fifth
29. Accustom
30. Not younger
31. Born as
34. Mountain pool
35. Ear-related
36. You (archaic)
38. Many millennia
39. Vegetarian
41. Daughter of a sibling
42. At the peak of
44. Hinder
45. Lance
46. Javelin
47. Absurd
48. Dromedary
51. If not
52. Absent Without Leave
53. Dry
54. Competent
55. Murres
56. Specks
58. Former boxing champ



SUDOKU

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

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

Fill in the blank squares so that each row, each column and each 3x3 block contain all of the digits 1–9.
If you use logic you can solve the puzzle without guesswork.

ANSWERS

R	E	E	E	L	E	S	E	A	S	7
A	G	N	E	S	O	L	I	D	S	1
E	N	A	M	E	L	W	A	R	E	2
P	A	N	A	G	E	A	P	P	L	3
S	L	I	C	E	M	O	T			4
S	P	Y	N	O	T	R	E	I	T	5
T	A	L	C	E	X	U	D	E	M	6
E	E	R	I	E	I	N	L	E	T	7
P	R	O	T	R	U	S	I	O	N	8
M	E	T	H	O	D	S	R	E	V	9
R	A	S	P	N	A	T	U	R	A	10
A	L	U	M	A	B	E	L	E	S	11
W	A	D	E	L	A	M	B	S	I	12

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