

AUGUST 2013 | VOL 04 NO. 11

dÉtroit

METROPOLITAN

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[INSIDE]

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Letter From The Editor

Existential Bailout



A few months ago Forbes magazine named Detroit ‘the most miserable city in America’. We disagreed with Forbes, and printed that quote on the cover of this publication in hopes of raising awareness of their claim. We were confident - I was confident - that our readership would devour the irony, printed in bold type, on our cover and direct any frustration toward Forbes. What we discovered, once the media grabbed hold of our publication, was that truth could sometimes be ignored when the opportunity for sensationalism presents itself.

Five months later and Detroit has filed for Bankruptcy (I hope I haven't shocked anyone by letting the proverbial cat out of the bag; the whole world is talking about it). But I, like many other Detroiters, are here to tell you not to worry. Detroit will be fine.

According to Investopedia, “‘Chapter 9’ Bankruptcy provides financially distressed municipalities with protection from creditors by creating a plan between municipality and its creditors to resolve the outstanding debt’. What that means is; Detroit has finally faced its challenge head on. It will be difficult, it will take time, but the city is moving in the right direction.

Of course, politicians, most media outlets, and many pundits will say otherwise. They will point fingers, race bait, surmise, whine, and say everything other than what needs to be said: *Detroit's elected officials have failed its citizens for over forty years.* It's really that simple. Detroit is where it is due to lack of leadership.

But, as we, the citizen, have the right to vote, we must also share in the responsibility for our current situation. After all, we continue to place the wrong people in office. If we're really honest with ourselves, we'd admit to giving the Lion's less of a break than we do City Council - and football is a game. “The truth will set you free,” John 8:32. Deep breathe. Now exhale. “The truth will set you free, but first it will piss you off,” Gloria Steinem

It's ok to be pissed. In fact, it feels pretty good. But, lets take our frustration and continue to direct it toward the regrowth of the city, for we may be bankrupt but we certainly are not miserable. This is something the outsider simply cannot understand, until she or he has spent time in our unique corner of the world.

We don't need another Bailout. We need to support the independent spirit of each individual. The Metropolitan continues to champion the entrepreneur, the artist, the craftsmen, the creator, small & local business, and the working people of this community [and, of course, the fine folks at DTW].

We ask you to do the same,
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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belle isle circa 1890-1900

COMMUNIQUÉ

Declaration of Independence

Great July edition! Being from Philly, I was surprised by some of the things I didn't know about America.

Best Regards, Chris Moody, Philly PA

Guts & Glory

This issue is a keeper. Serious subject matter, which takes guts. Thank you for including the Bill of Rights. Wish more people could see it... they would love it!"

Craig Stine, Delta Sky Club/DTW

Da Yoopers

I am just reading your trek across the UP... now I want to get in the car and head north. Have you ever been to Isle Royale? You would love it.

Nancy Harvey

Delta Sky Club Supervisor/DTW

Hello Jeanette Frost

[Beauty Mark]

I know that I really don't have the right to ask, and I also know that you probably get a lot of requests, more then I could possibly even imagine. But I sincerely have to ask, Is it at all possible for me to have your autograph? I would really love to have one, and I would greatly appreciate it.

Thank you very much!

Terry Lindsey, Harrisonburg, Virginia, USA

Great Lakes Coffee & Rust Belt Market

I moved to Detroit over two years ago, but have been reading The Metropolitan for only about a year. I pick them up at Great

Lakes Coffee, or the Rust Belt Market whenever I am in Ferndale. Not many papers in this town have the balls to print the kind of work I see in the pages of The Met. Alternative papers seem to have been going more corporate lately. I understand if you got to pay the bills, but it would be nice to see more stories on the local community. I think The Met does that.

Respect, Davis Biggs, Detroit

Natural In A Forced World

It's great to see any human let alone a good friend put together thought and action in a singular direction and reach a pleasing result. That is art to me. Art can be business, hitting home runs, writing the ultimate album, that swims in alienation and broken hearts, etc. Success. In the new school culture, the cluelessness of real discipline and effort is striking. I recently picked up my 1974 Stratocaster from a luthier, who put new frets on it. My wife went with me and she was struck my how intelligent the guy is, how specialized are his skills. I commented on how those types are a dying breed, and the importance of using ones skills, and of being able to profit by getting to use those skills to ones own end!

So knowing a guy who enjoys the experience and intricacies of creative endeavors - and small business - is a deep pleasure, a resonance for me, to see you doing this magazine Tony. It's a fit and it's destiny being who you are. The Metropolitan is natural in an increasingly forced world.

Bob Ebeling,
Royal Oak

Welcome To Detroit

[March 2013] pt I

I've been checking out the archived editions of the Metropolitan and I ran across the Welcome to Detroit "The Most Miserable City in America" issue, and I had a flashback of my friend from Cologne flipping out because it was the last straw with her. She couldn't understand why Detroit had such a bad rap. The night before she left she tattooed DETROIT on her middle finger ;-)

Crystal Starr, Detroit

Editor's Response

That issue earned us a great deal of press. Have you read it? The cover is a quote from Forbes magazine. It sounds like your friend didn't notice the quotation marks, or see that it was credited to Forbes. She was not alone. But over all we received a good deal of support. The symbolism of Detroit on her middle finger should get her point across quite clearly, however. I wonder how her more literal approach would have been received on the cover of The Metropolitan?

Best, Anthony Brancalone

Welcome To Detroit

[March 2013] Pt II

There is nothing better than reading something months ago, having a discussion about the author and his perspective; making assumptions and declarations, and then meeting the editor months later, only to Re-read the same information with different eyes, and "horses mouth" validation. Your editor's note [March 2013] sounds somewhat similar to something I wrote bout a year and a half ago.

Enjoy your evening,
Crystal

The Cynic Next Door | by julianna counts



DETROIT EXPAT

SUMMER IN DETROIT: RAMBLING SPACE & PATIO TOURS

By Elizabeth Isakson-Dado | Image by Salwan Georges



When I lived in Detroit, I painted landscapes. The urban prairie; the vacant lots that became overgrown with wildflowers, the seeds that sprouted into trees on top of buildings just off Campus Martius fascinated me. I miss Detroit most in summer, when the giant silver-blue storms roll in on fast cumulus clouds to break the heat. I love the angles of the city, the way the wagon-wheel shaped avenues divide the landscape, allowing quickly changing views of buildings and geometric parks to

cut sideways through the city. I used to drive for inspiration: Taking Hamtramck Drive (past that all-glass building & steamy train yards) to Mt. Elliott, cutting over to the sharp angle of East Grand Boulevard, passing under the bridge of the Packard Plant and the Mies Van Der Rohe's, sometimes stopping at the Heidelberg Project or cruising past the gardens in Indian Village before making my way over the lovely MacArthur Bridge to Belle Isle. I would drive around the island slowly, letting the meandering Strand open up to views of the Detroit skyline, the Ambassador Bridge, the Windsor riverside parks. Sometimes I would stop and walk around the conservatory and the small lagoons. Everywhere, there was open space, sometimes overgrown, sometimes flecked with ruins, but always, open vistas. After a drive like that, I would make my way to the studio and paint for hours, staring onto the abandoned lot next door that had become a garden.

My favorite Detroit summer pastime is taking a long, all-day patio tour, rambling from place to place until the sun set. Every time I'd host an out of town visitor, I'd try to give them a taste of the food and the landscape at each of my old neighborhood haunts. I hear you can rent bikes in the city these days, so you might want to start the tour at Wheelhouse Detroit on the Riverfront.

Here's what I recommend:

Breakfast at Le Petit Zinc. Sit out in the garden, drink amazing coffee & Pellegrino, devour some crepes, and marvel at the

gorgeous getaway in the middle of industrial Corktown. lepetitzincdetroit.com

Afternoon drinks at Slows. If you show up around 2 pm, the patio is yours. Relax, order one of the 20 local beers on tap or grab some fresh squeezed lemonade, and discuss how they designed those concrete tables. The reclaimed wood fence deconstructs the view of the abandoned Michigan Central Train Station and the newly revitalized Roosevelt Park. Leave around 5, when the dinner rush starts lining up at the door. slowsbarbq.com

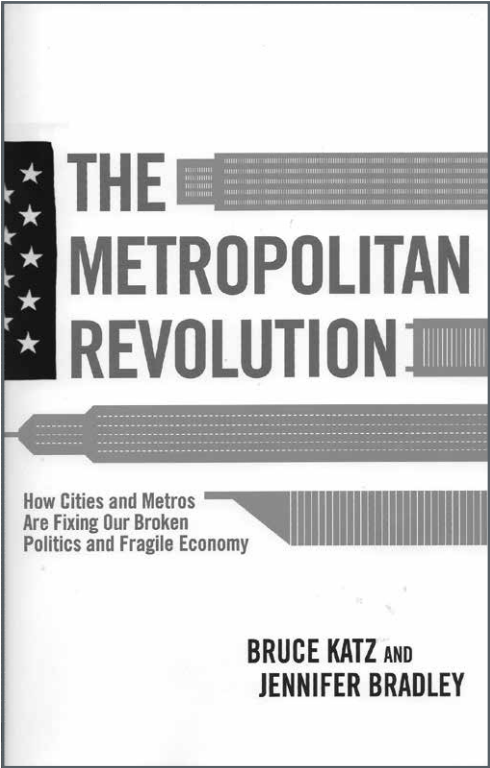
Dinner at Motor City Brewing Works. This tiny brewpub, home of GhettoBlaster Ale and fresh baked artisan pizza, has the perfect rooftop deck. This section of Canfield has had a lovely & languorous resurgence of historic homes, new lofts and adorable shops. Get a beer, cider or Motor City Soda and make friends up on the roof. motorcitybeer.com

After hours: If you want to rock n roll, get to the Alley Deck inside the famed garage rock club, The Magic Stick and make some bad decisions. If you want to wind down, make your way to The Woodbridge Pub and slide onto a picnic table overlooking the neighborhood community garden. majesticdetroit.com & woodbridgepub.com

A Native Detrouter, Elizabeth Isakson-Dado has lived in Chicago for the past three years

TRANSFORMING CITIES AND VILLAGES

By Joe Neussendorfer



Let us be reminded. On June 11, 1805, fire destroyed Detroit; except for a stone building and old Fort Lernoult. Historical figure, Father Gabriel Richard, wrote in Latin at the time: Speramus meliora; resurget cineribus. That is: We hope for better days; it shall rise from its ashes." This is still Detroit's motto today.

So, fast-forward to August 2013, Detroit is not on fire, but it is being "fired at." Every pundit on earth (most, never having stepped foot in Detroit) is dissing our City. I recently heard a nationally syndicated talking head say: "I've been visiting Detroit for years and the only good thing that has happened is when Donald Trump built the Renaissance Center." While Mr. Trump has built many great towers, he did not build the RenCen. Henry Ford II "built" the RenCen.

Readers who care about Detroit's future and, thus, the future of all U.S. cities, are urged to read two, new books that will definitely excite the cranial juices.

The Metropolitan Revolution: How Cities and Metros Are Fixing Our Broken Politics and Fragile Economy. Co-authored by Bruce Katz and Jennifer Bradley. Published by the Brookings Institution Press (www.brookings.edu/press).

Bruce Katz is the Director of the Brookings Institution's Metropolitan Policy Program. He was a participant in a recent group luncheon discussion sponsored by the Detroit Economic Club at the RenCen.

As a Life Member of the Detroit Economic Club, your writer was excited to talk with him (on the behalf of Metropolitan readers) at a pre-event "Speaker's Reception." I mentioned to author Katz the many creative projects that Detroiters were involved with (Rust Belt, Shinola, Code Detroit, DHive, ModeShift, Dan Gilbert's projects and a myriad of other pop-up and start-up initiatives.) He seemed impressed by all of the creative activity that is happening in the city, and urged all Detroiters to "continue focusing on networks."

Katz said that networking at all levels; social media, traditional media and personal contact are an essential ingredient in turning Detroit around. According to Katz, one of the more significant efforts to turn Detroit around is the emergence of "small batch manufacturing" (like Shinola) and not just large scale manufacturing.

The Metropolitan Revolution is packed with new ideas on how metropolitan areas are turning themselves around. Metropolitan readers who cannot afford a copy of the book

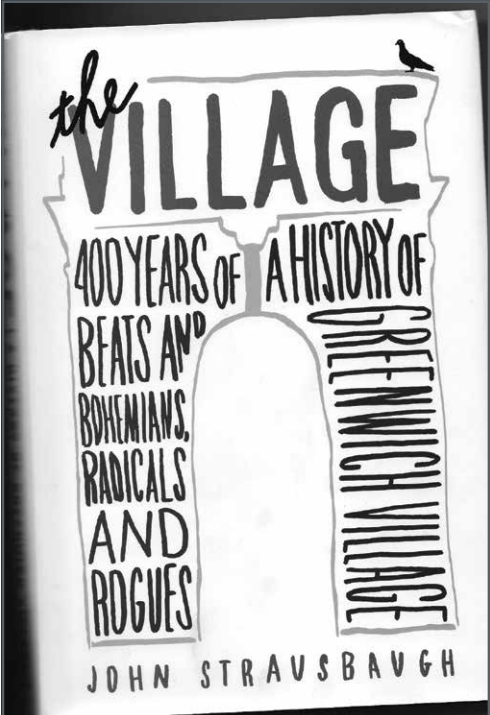
can still become a part of this important conversation for free by becoming a subscriber to the Brookings Institution's specialized email offerings (<http://metrorevolution.org>).

THE VILLAGE: 400 YEARS OF HISTORY OF BEATS AND BOHEMIANS, RADICALS AND ROGUES - A History of New York City's Greenwich Village. Author John Strausbaugh, New York historian, writer and editor. The book is printed by Harper Collins Publishers.

There is a fantastic parallel in the creative and artistic energies that were concentrated in New York's Greenwich Village and what is happening in Detroit (MidTown and Downtown), Ferndale and Royal Oak. Much of the creative networking and collaboration that has taken place in Greenwich Village is moving to other areas of New York City due to the ever-increasing rents, which have become so cost prohibitive that artists and creative collaborators must relocate. There are indications that some of these creative types are looking at Detroit due, in part, to the cities low rental rates. After all, the Metropolitan area has had a historical relationship with Greenwich Village, such as Greenwich Villagers John and Yoko Lennon, who came to Ann Arbor in 1971 to perform the John Sinclair Freedom Rally and were an integral part in the release of Sinclair, who was sentenced to 10 years for the possession of 2 marijuana cigarettes (not to mention all of the other artists, musicians, and working class people who have left New York to call Detroit home).

I could not end this discussion without mentioning all of the national news media outlets that seem obsessed with Census Bureau statistics about Detroit. They point out that the U.S. Census counted 1,849,568 people in Detroit in 1950, and that the count was 713,777 in 2010. And, that such a dramatic decrease in population is such a bad thing. Funny, they don't seem to question the dramatic decrease in their print circulation or the dramatic drop in their viewers. I guess their criticism extends only so far.

Joe Neussendorfer is a former newspaper and magazine editor in the Detroit area. He is a Life Member of the Detroit Economic Club, 36-year Member of the Engineering Society of Detroit, Member of the American Society of Civil Engineers, Affiliate Member, and a Past President and Life Member of the National Exchange Club. The National Exchange Club was founded in Detroit in 1911. Detroit Exchange Club #1 meets on Tuesdays at the Detroit Yacht Club on Belle Isle. His website is: www.constructionanswerman.org.



FOOD | WINE | SPIRIT
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 rage 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:

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Plum Market
Locations in Ann Arbor, Bloomfield and West Bloomfield.
www.plummarket.com

Ventimiglia Italian Foods
35197 Dodge Park
Sterling Heights, MI 48312
Tel: 586-979-0828

Whole Foods Detroit
115 Mack Avenue
Detroit, MI 48201
Tel: 313-576-5300

Ye Olde Butcher Shoppe
3100 Woodward Avenue
Detroit, MI 48201
Tel: 313-974-7356

WINE:

Motor City Wine
1949 Michigan Avenue
Detroit, MI 48216
Tel: 313-483-7283

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155 W 9 Mile Road
Ferndale, MI 48220
Tel: 248-543-5763

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.

DETROIT FINGERPRINT

UNION STREET SALOON | MIDTOWN

Through the good times, and bad, Union Street Saloon has consistently served quality food and drink to the people of Detroit. Preferring to build upon legacy, rather than follow the trends, this Midtown bar offers interesting dishes like Dragon Eggs [chicken breast stuffed with gorgonzola cheese, tossed in Rasta sauce], Calamari [lemon-wine beurre blanc, basil, capers and onion], Balsamic Steak Salad [lean steak atop warm spinach, peppers, onions, gorgonzola], Uncle Ed's White Fish and, our editor's favorite, the Filet and Eggs. An extensive draft beer selection, and a new Bellini menu, makes Union Street a true Detroit Gastropub. Enjoy dining at table, beneath a warm orange hue of atmospheric light, or belly up to the bar to discover the latest from locals in the Motor City. 4145 Woodward Ave | Detroit | 313. 831. 3965 | www.unionstreetdetroit.com



CAFÉ D'MONGO'S SPEAKEASY | DETROIT

Metropolitan readers will remember that we featured Larry's Speakeasy long before actor Ryan Gosling stumbled upon this unique Detroit landmark (thus turning the joint into a facebook sensation, suddenly frequented by those hoping for a chance encounter with the kale eating heartthrob). In fact, Larry and crew are featured in Gosling's new movie, How To Catch A Monster (2014), shot in Detroit, and will, no doubt, experience another huge surge to business. But, the fact is; Café d'Mongo's is a must hang even without the hype. Serving BBQ chicken and ribs, exclusively, with appropriate sides, original drinks, crafted by engaging tenders of the bar, music, and , French Detroit décor, it's actually hard to find anything more 'Detroit' than d'Mongo's. 1439 Griswold | Detroit | find Café d'Mongo's on facebook



BAKER'S KEYBOARD LOUNGE | DETROIT

Billed 'The World's Oldest Jazz Club' - and it probably is - Baker's Keyboard Lounge is Soul Food and Jazz at its best. Straight off, we recommend either the Fried Catfish, or Fried Chicken, with Yams, Mac n Cheese, and Cornbread. This is the real deal, stick to your ribs, spicy, sweet and savory goodness that, usually, only comes from Mama's kitchen. We suggest pairing bottled beer, or a spilt of Champagne, with fried foods, but Baker's offers a full stock of spirits behind its piano countered bar. Seated in half moon booths, and lit by candlelight, diners are treated to some of the best Jazz in the world. Even Open Mic Nights are not to be missed. A great location for couples, parties, and a destination for travelers looking for the fingerprint of our city. 2050 Livernois | Detroit | 313. 345. 6300 | www.bakerskeyboardlounge.org



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who what wear

Fotoula Lambros

who :: ben ruggles & jennifer liedel



BUSINESS :: Outer Spaceways Apparel
TYPE :: Clothing and Accessories

In 2009, Outer Spaceways began its endeavors in one of Michigan's most beautiful destinations, Traverse City. Ben Ruggles & Jennifer Liedel started their adventure with a brick and mortar vintage and handmade Shoppe, until the two decided to close its doors and head south with the brand. In 2012, OS relocated to the Metro Detroit area and developed as a local apparel and accessories company out of Ferndale. Outer Spaceways provide high quality wearable art to a clientele that wants to stand out. Way out. Jennifer is product and pattern design specialist, also tackles stitch work and business administration. Ben takes on cutting of patterns and fabrics, graphic design and layouts, and all of the OS screen-printing services. Together, the pair collaborates, create, and combine their intergalactic talents to embody the synthesis of art, music, pop culture, and humor that the Outer Spaceways brand is known for. OS is a major player in the Metro area indie market and is planning to extend their product line in the next year. Outer Spaceways has recently been seen at MOVEMENT & Electric Forest Music Festivals, and plan for Dally in the Alley in Detroit and DIY Street Fair in their hometown of Ferndale, this fall. www.etsy.com/shop/OuterSpaceways

what :: magic market week



DATE :: August 18-21

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You ever wonder how your favorite stores seek out their favorite brands. MAGIC Market Week is the place to be, twice a year, when it comes to buying from over 100,000 international brands. Sections include everything from Emerging and Contemporary Labels in Shoes, Apparel, Accessories, and more. Each section of MAGIC- Project, Platform, Street, POOL, etc. is known to have many in house entertainers spinning the hottest sounds, and barista pouring the best in naturally crafted and alcohol infused beverage markets. Some of America's finest brands have re-launched in these walls, such as Pan-Am accessories back in 2011. Buyers spend their days scouting the upcoming collections and spend their evening by the Pool at their hotels or out around Sin City. Have a particular brand you want your favorite store to shop. Send them a note, and they will most likely try to spot your recommended booth on their next adventure in buying. www.magiconline.com

wear :: milieu (downtown detroit)



LOCATION :: 66 E. Forest Ave. Suite C
TIME :: Call for Appointment & Times
248.514.4506

One of the Metro areas finest Shoppe's has opened its second location in Detroit. Milieu originated in Ferndale, south of 9 Mile Road on Livernois, a strip of town that has recently seen new developments

with condominiums, multiple offices, galleries, and of course, this fine boutique. For years, Milieu has provided women with this most luxurious, sought after fashion finds from across the world and the country. Each piece is specially curated, as exclusivity is key to the initiative of the Milieu shopping experience. Milieu in Downtown has recently partnered with Art Detroit Now for their Third Thursday Events. Make it a point to visit this delightful establishment with customer service being an area of expertise hard to match. www.milieustyle.com

For the latest in Detroit style visit fo21a.com

BEAUTY • MARK

By Jeanette Frost

Product

We multitask all day, so why should our swimsuit be any different? Lolë offers swimsuits in fun and flirty colors that are chlorine resistant and also provide essential sun protection with UPF 50+ material. The brand is dedicated to delivering high quality, versatile pieces that work overtime. Performance-boosting, figure-flattering Swim Tech fabric cuts a great figure and ensures everything stays snugly in place. I love Lolë's Tropical Triangle Top (\$50) with matching bottoms (\$42) particularly in the Bubblegum Peony print (a bright peachy-beachy print). Find Lolë products in the following Michigan locations: Moosejaw, Gazelle Sports, Boyne Country Sports, Sun & Snow Sports, Trekt Outdoors, Grand Traverse Resort. www.lolewomen.com

Business

With its new location now open at Detroit Metropolitan Airport, I spent the day at the Spa to see what Be Relax has to offer travelers at DTW.

My first service at Be Relax was the 60 minute, Anti Jet Lag Facial. Esthetician, Elizabeth Burke began by applying warm towels to the face, and then used a combination of products by Murad, which Elizabeth tailors to the skin needs of each client. Next steps of the facial included deep cleansing gentle exfoliating scrub, a moisturizing mask, toner and moisturizer, with warm towels applied to the face between each product. Elizabeth didn't simply apply the products to the skin, she massaged them in, which not only felt amazing but assisted with my skin's ability to absorb each product. My skin felt baby-soft, radiant and appeared healthier that whole week preceding my facial.

While Elizabeth tended to my face, massage therapist Megan Males treated my feet to a 45 minute foot massage. Beginning, once again, with a few minutes of warm towels wrapped around my feet, that set me immediately into a blissful mode of decompression, Megan fused reflexology principles into massage, which relieved so much tension and pain. I highly recommend this service; even if you only have 10 minutes!

The final service of the day was a 20 minute, "Be Up" chair massage by massage therapist, Kimi Leblanc. Using a signature massage, based on ancient acupressure techniques, Kimi quickly showed me the benefits of the Be Up chair massage. In about a minute, my stress melted away, while Kimi continued to

work deeper on troubled areas I wasn't even aware existed.

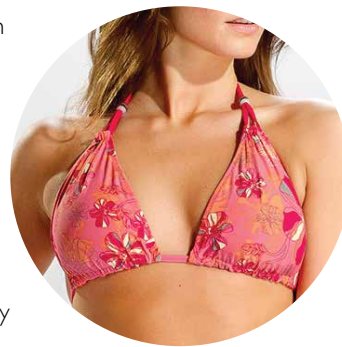
The beauty of Be Relax spas is that one can experience relaxation and luxurious beauty treatments no matter the time frame. Services range from 10 minutes to 70 minutes, featuring chair and table massages, facial skin care treatments (using Murad Cosmetics), manicures & pedicures (using O.P.I products), waxing, and hair care (using Moroccan Oil products).

Be Relax carries a variety of travel items that are available in store or online. Special discounts for DTW airport employees (10% off products & 15% off services) and military service people (10% off products & services). Located in McNamara Terminal, in front of Gate A-45/Hours 7:00am-9:00pm/Phone (734)-229-0042/ www.berelax.com

Pro Tip

Adeline Moya, Chief Operating Officer of Be Relax USA, has the following beauty advice for jet setters preparing for a trip. "It all really comes down to healthy habits; eating healthy, avoid drinking too much soda and alcohol, drink plenty of water and moisturize!" says Adeline, in her lovely Parisian accent. "People do not realize how drying the air is onboard a plane. That dry air takes a lot out of skin." So, skip the preflight cocktail, eat well, and consider the benefits of quality products and or spa services in order to ease your pre/post flight stress.

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



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after the TOUGH MUDDER

By Matt Counts



I once thought I was tough. I've run the warrior dash, dead lifted near double my bodyweight, Swam in Lake Superior, even ate ghost pepper. None of that prepared me for what I had to endure near the end of June when I participated in the Michigan Tough Mudder.

Yes, I am now a proper Mudder. I have the orange headband to prove it. And for the record, I chose the lighter dos equis over the amber. It felt more refreshing. But, enough esoteria. This was a rather harrowing experience, and not only is right now the worst pain I've been in, it is also the most prolonged.

It was a moment out of medieval legend. Before we even got to the start of the race, we had to scale a 6 foot wall. We were all then told to kneel, while a touching speech was given. As the speech went on, it began to thunder and rain. As the intensity of the MC's words grew, so did the storm, right until the countdown to race time. At the count of "one", the rain was so strong that I could barely see 5 feet in front me.

The first obstacle was a wall, slanted on an 80-degree angle, but facing away. I had to climb up using nothing but grip strength to be able to slide down the other side. This was followed by a crawl under barbed wire and other military-style obstacles. But, it was he fourth obstacle left an impression on me; the dreaded 'Arctic Enema'.

When I jumped into the icy bath my thoughts were, "Wow, this really sucks". Half way through the pool, however, while ducking under floating barrels, it was so cold that I became instantly numb. But the real surprise was waiting on the other side of the divide: freshly poured ice. The cold was so aggressive to the whole body that every cube cut like shards of raw death.

By this time, Team Metropolitan [d'Etroit] was about 4 out of 13 miles in. After numerous obstacles, such as jumping off a 15 foot platform into a pool, crawling through mud filled tunnels, with limited space to breathe, then beneath barbed wire predicaments, carrying logs, and then carrying each other - We literally had to carry one other as an obstacle - we came to the Funky Monkey; a pyramid style monkey bar crossing deep water. It was tough, but I am proud to say that I crossed the entire obstacle without falling.

The final obstacle, which was my most feared, was the Electric Tendrils. Now, I can't say exactly what the amp or wattage of these exposed wires over water was [10,000 volts], but they hurt like angry bee stings. I was nervous when I saw a fellow Mudder take a shock to the eye - he jumped back quickly - but, it was my time to run, so I did. Every shock - 5 total - 4 on my left quad and hamstring, and one on my left lat, are lodged in my memory. The final shock to the leg must have hit a nerve, because my big toe felt like a stripper came down on it wearing a stiletto.

The Tough Mudder did live up to its name. It was incredibly tough, and as I write this, after quite a few showers, I am still finding mud and dirt hidden in places my doctor has yet to see. Should you feel tough enough, pre-registration for the 2014 event is available online now, with events happening all around the country, and the world. www.toughmudder.com



AWAKENING

THE HUMAN CONNECTION 03



In her three part series on Yoga Teacher Training in Costa Rica, Detroit Speech-Language Pathologist, Colleen Badgero discusses deep fears and enhanced connections.

The people that came together for the Yoga Teacher Training (YTT) course in Costa Rica were as beautiful and diverse as any group of aspiring yogis could be. 23 women and 1 lucky guy, ages ranging from 19 to 57, gathered from all over the world with a wide-array of life experiences. Each had a unique, multilayered story; the Speech-Language Pathologist from Detroit (aka moi), the scuba-diving instructor from Australia, the school teacher and wife of a twice deployed soldier from Quebec, the semi-retired entrepreneur who splits her time between Florida and the south of France, the ex-Olympian and current Cirque du Soleil performer, the musician, the freelance sailor/photographer who has traveled the globe.

Conversation buzzed vibrantly with all the fascinating stories. Jobs, travels, relationships, childhoods, and passions were all used to paint a vivid picture of each individual's life. As we got to know one other and peel back more layers, the stories got deeper: Abusive relationships, inadequate parents, heartbreaks, depression, and addictions added darker tones to the portraits. I was in awe that we had just met, yet shared such intense intimacy, divulging stories and secrets that many of us hadn't even shared with our closest friends or family.

Just when I thought I couldn't feel any closer to these people, we did an exercise that opened my eyes to a whole new level of human connection. It was called 'Facing your Fears' and it required each person to identify and share their deepest fear in life, then have it reflected directly back to them by members of the group without soothing or consolation. I was surprised to find that all the statements sounded similar: 'I'll always be alone, I'm not good enough, I or someone close to me will become ill or die, I'll never achieve my goals'. No matter how extraordinary or successful someone's life story seemed, we all had the same basic underlying fears: fear of loneliness/abandonment, fear of inadequacy/unworthiness, fear of loss/death, and fear of failure/rejection.

This newfound awareness made me realize that, although life stories bring people together and enhance connections, the truest form of the human connection is solidified when we recognize that underneath the storyline lie the same fundamental elements and emotions. As soon as we start to pass judgment and put others or ourselves into isolating boxes, we should remember this intrinsically shared human experience and invite empathy and compassion instead. This perspective unifies rather than divides, and aren't we all yearning for deeper connections?

Returning home, I've spent the past 6 months attempting to apply all the lessons I learned from my Costa Rican YTT experience in my every-day life. There has been a wonderful shift in my ability to cope with adversity, how I relate and connect with the people in my life, my body awareness, and with what I choose to fill my body and mind. I've developed an infinite curiosity about health and wellness. Almost every day I find myself fervently researching and expanding my knowledge of nutrition, dairy and gluten-free cooking, the benefits of yoga postures, spiritual perspectives, meditation techniques, and so on.

I've decided to combine my desire to share the extensive benefits of yoga with my never-ending quest for information and new perspectives, by becoming a student of various yoga studios and schools in the Metropolitan area and highlighting the experiences and lessons-learned for you, the readers. My goal is to find all the places and instructors that offer quality yoga classes, workshops, or trainings and report about the atmosphere, types of classes, and philosophy of each one. I look forward to my exploits in the Detroit-based yoga world and I hope you're excited to come along for the ride. Namaste my friends.

THE WILDE AWARDS

MICHIGAN HONORS PROFESSIONAL THEATRE
| AUG. 19 | By Gay Paris

Followers of theater know that New York and Broadway Followers of theater know that New York and Broadway have the Tony Awards. But did you know that Michigan is the home of The Wilde Awards?

Presented by Encore Michigan, The Wilde Awards were established by Pride Source Media Group in 2002 to honor the excellent work offered by Michigan's professional theaters. Now produced by the Michigan Equity Theatre Alliance, The 2013 Wilde Awards will be presented Monday, Aug. 19, 2013 at The Berman Center for the Performing Arts in West Bloomfield.

"Producing and staging a play at the professional level is much more difficult than most people realize," said awards co-founder and host Donald V. Calamia. "It takes hard work and dedication by numerous artists who are, quite honestly, vastly underpaid, and so it's the least we can do to highlight and acknowledge the best work seen on stages throughout the state during previous season."

Beginning May 18, 2012 and ending May 11, 2013, Encore Michigan's team of theater critics reviewed 179 productions produced or presented by 47 theater companies across the state. Ten critics then boil down the number of productions into a slate of nominations that purports to represent the best work seen on four dozen stages of all sizes and budgets throughout Michigan.

"It wasn't easy, but no critics were harmed in the process," Calamia laughed. "It all boiled down to one thing: the 'wow' factor; the one special, powerful moment in a production that separated a show, or a performance, or a design from the rest of the pack and made us go 'wow.'"

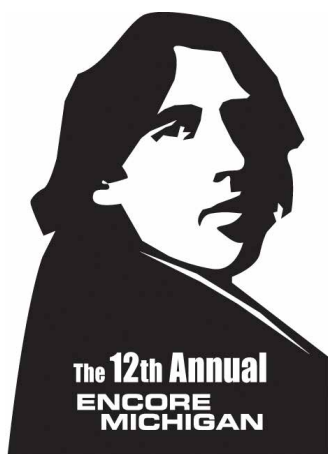
The quality of work seen on stages throughout the state was especially noteworthy, Calamia said. "That's especially true because of the continuing challenges of Michigan's sluggish economy. As I've probably said far too often, when times get tough, artists get more creative – and once again the proof was seen on stages from Lake Michigan to the Detroit River and everywhere in between. So whether a producer has a million-dollar budget or a buck ten doesn't matter. Ultimately, it's how well they tell their story that makes the difference – and that's what the driving factor was as we considered nominations for The 2013 Wilde Awards."

Awards will be given out in 26 categories, along with a handful of special awards. In total, 71 productions earned at least one nomination – as did 27 of the producing or presenting theaters.

Doors will open at 6:30 p.m. with an hors d'oeuvre and cocktails reception. The awards show, hosted by Calamia, will begin promptly at 8 p.m. and will be followed by a dessert afterglow.

Admission is \$21 per person; VIP admission is \$46 per person, which includes unlimited bar service. Drink tickets for all others will be available for purchase on the day of the event.

Tickets are available now at The Berman's box office, by phone at 248-661-1900, or online at {URL <http://theberman.org>}. For more information visit www.encoremichigan.com



The 12th Annual
ENCORE
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Wilde Awards
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I'M SO EXCITED by writer/director Pedro Amodovar Two or Three Things I know About It (Comedy and Actors)



There is humor in all my films, and at times comedy bursts into other genres, embodied in one of the characters. Forgive the self-quote: Agrado in All About My Mother and Paca in Bad Education fulfilled that function. When they appear on scene, they bring comedy with them and impose themselves on the general tone of the narrative. As a writer and director, I really enjoy those kinds of incursions and it has taken me time to impose them in dramatic films, especially with Anglo-Saxon critics, less flexible when it comes to accepting a mix of genres, something as natural in life as it is in cinema. From when you get up in the morning until you go to bed at night, you move through various, sometimes opposing, genres. Since the start of my career that is how I've understood cinematic narrative.

Within that constant mix that I have gradually distilled, over the past thirty years, the last pure comedy that I made would be Women On the Verge of a Nervous Breakdown: In Volver; The Flower of My Secret and All About My Mother there is a lot of humor but only on occasion or attached to one of the characters, as I have explained. In The Flower of My Secret, Chus Lampreave and Rossy de Palma are a comic duo, but the theme was the weakness of the writer Leo on her road to madness. Therefore, I'm So Excited! is the first comedy I've made since Women on the Verge of a Nervous Breakdown, twenty-five years ago.

Aspects that I've kept very much in mind when making a comedy:

1. Rehearsal/Rhythm: Despite the spontaneity typical of the genre, the comedies I've made to date, and this one is no exception, are rehearsed exhaustively during pre-production and afterwards during shooting. Spontaneity is always the product of rehearsal.

I usually improvise a lot in rehearsals, then I rewrite the scenes and rehearse them again, and so on, to the point of obsession. With improvisations, the scenes usually become longer but it's the best way I know to find nuances and parallel situations that I would never discover if I stuck rigidly to the text. After stretching them out and blowing them apart, I rewrite them again, trying to synthesize what has been improvised. And then we rehearse again. Some of the actors, especially Carlos Areces, who plays Fajas in the film, can't bear you to cut a single one of their jokes. If it were up to him, the film would last three hours. Lola

Dueñas is another one who immediately appropriates all the antics that occur to me during the first rehearsals. Afterwards it's heart-rending to tell her that it was just a game, a way of stretching, being crazy, investigating, losing all sense of the ridiculous and above all losing respect for the text, that it was just a mere exercise. I admit that at times she's managed to get her own way. When I had the idea for the mise-en-scène of the first time she goes into a trance in the cockpit, looking for sensations while groping the two pilots' bodies, all those involved laughed, but I never thought about editing the scene like that. After insisting a lot, Lola asked me to at least look at how she did it and then decide, but I had to give her the chance to play it like that. She did it, and after seeing it, I had no option but to include it. Lola Dueñas is capable of breathing such truth into the most insane situations that she manages to make any craziness plausible.

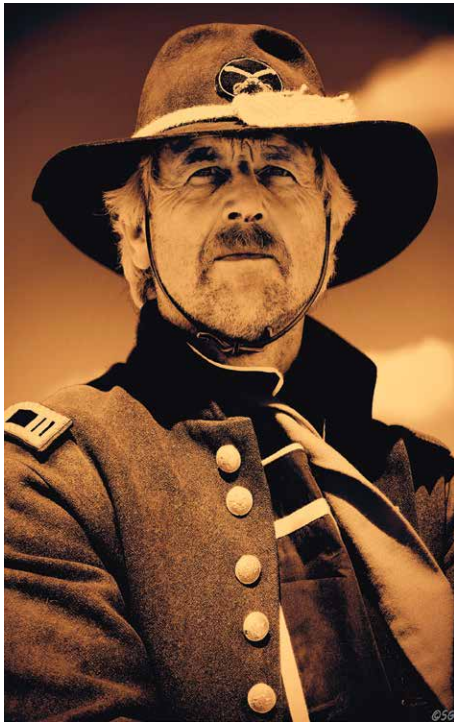
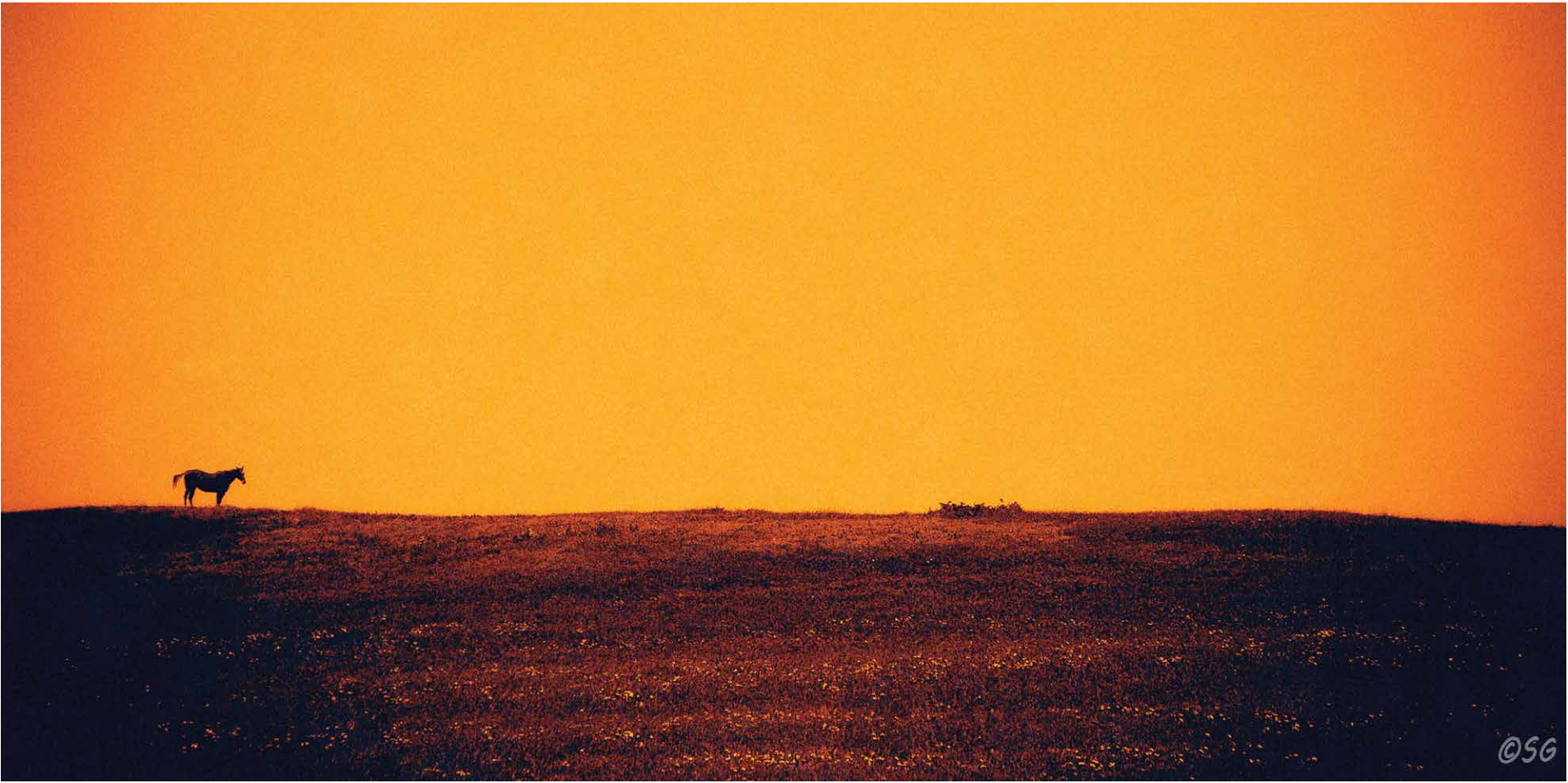
2. Timing: Rapid-fire dialogue. Otherwise, even though the situations are funny, and the actors excellent and with resources, the film becomes long and so do the scenes. You just have to see the ones we like; most usually last between 75 and 90 minutes.

3. Light and artifice. The kind of comedy that inspired I'm So Excited! is stylistically very artificial, the lighting and the settings crackle with pastel colors, underscored by red, that deliberately avoid realism and naturalism. Humor shouldn't worry about political correctness, in fact, just the opposite. Taboo and humor are two antagonistic concepts. Comedy of any kind allows you to tackle all subjects, even the most shocking. In 1940, the genius Charlie Chaplin dared to make the imminent Nazism the subject of a delicious comedy. I can't think of a more terrifying subject than Nazism. Should Monty Python, Mae West or Saturday Night Live be politically correct? No.

I'm So Excited! is landing on the U.S. screens from June 28. I have to thank all the actors for their blind, total commitment. Now we just have to wait for someone to laugh, or smile, or leave the cinema in a better mood than when they entered. After all, that's what comedy is, and it's no small thing.

Now playing at the Main Art Theatre, Royal Oak MI and Landmark Theatres everywhere.





PHOTOGRAPHER Salwan Georges

I've studied photography at the Oakland Community College under mentor Rob Kangas, who beside myself has inspired countless photographers in the Detroit area. In 2010, I started working on my own projects, traveling both North and Central America, capturing landscapes and documenting different cultures.

In my Native American series, inspired by the legendary photographer Edward Curtis, I wanted to take the viewers back to the 1880s. Every year in the month of June, the town of Hardin, Montana hosts the reenactment of Custer's Last Stand. I had never traveled to the American West or seen Native Americans, but I packed my camera bag and drove to Montana with friends who were participating in the reenactment. On the way, I researched Native Americans through Edward Curtis' book, filled with historical photography. Driving through the mountains of South Dakota and Wyoming also inspired me and brought me closer to nature.

Viewers of the reenactment had to stand far away from the action, so I decided to take part in the reenactment and used my water bag as my camera case to be able to take pictures up close. It was my first time to meet Native Americans and learning about them allowed me to appreciate their traditions. I became friends with Bear Robe, who enabled me to learn more about Native American history and life! I had the honor to also take a portrait of him before I left Montana.

After this trip, my interest has changed to include photojournalism and documentary photography. I'm currently working on a project documenting the Arabic community in Dearborn, Michigan, as well as doing my part to restore Detroit through the use of images. www.SalwanGeorges.com

TAHQUAMENON FALLS

A Trek Across The U.P In Four Parts [02]

By Anthony Brancaleone

Up early, a swig of Canadian Hunter, then one last stroll in the crisp morning shallows before we hit the road for the Falls. Once again, Mozart blew in on a distant channel from the Lower Peninsula. I let it out on the open highway, stopping once for a sign somewhere on US 123 that read ‘Smoked Fish’; then pushed the engine all the way to Paradise.

Stopped at a Roadside Park to wade in the waters of what Ojibwa call ‘Gichigami’, the ‘Big Water’, or ‘Gitche Gumee’, as recorded by Henry Wadsworth Longfellow in The Song of Hiawatha.

*“On the shores of Gitche Gumee,
Of the shining Big-Sea-Water,
Stood Nokomis, the old woman,
Pointing with her finger westward,
O’er the water pointing westward,
To the purple clouds of sunset.”*

Of course, today black and white men refer to the greatest of all lakes as Superior. So, it was here we rolled up our pant legs, and stepped forth into the mystic waters of our Michigan forefathers; now a rest area for travelers that has remained essentially the same since the 1940’s.

Before getting back into the auto, I noticed a strange sight; a group of seagulls attacking an image of a handicapped person, seated in a wheelchair; that had been painted on the cement to denote handicapped parking.

“Tough birds,” I thought. “Up North birds.”

On the road to Tahquamenon Falls State Park, a vintage Union 76 gas sign compelled us to pull over and fuel up. Snapped a shot for posterity, moved on, and pulled into the Lower Falls. A beautiful autumn day stood before us. Grabbed our packs and hiked the walker-friendly boardwalk, which leads into the woods before giving way to a footpath extending to the white water of lower Tahquamenon.

A series of five small falls cascade around an island that can be gotten to by rowboat. Although, not as dramatic as the upper falls, there is a serenity in this part of the park, and the gentle flow of the river calls many into its chilly current. Leaves were beginning to change, with bursts of red, hanging starkly against branches of green set against a clear, blue sky.

Our crew began the four-mile hike along the medium class foot trail to the upper falls, when a member of our group chose that moment to let us know it was “that time of the month” - she couldn’t go on. Back to the car, where it was determined we would drive to the upper falls. No matter: we didn’t need to hike, camp, and spend time with nature during our camping and hiking trip.

“What would Canadian Hunter do?” I asked, as I produced the flask. It was agreed

Canadian Hunter would drink his whiskey and move on. We did.

One of the largest waterfalls east of the Mississippi, the Upper Falls of Tahquamenon has a drop of nearly 50 feet, and spans 200 feet across. It’s source of water rises from springs north of McMillan, in territory writer, Earnest Hemingway would fish, and winds 94 miles through forest and falls before emptying into Whitefish Bay. The river casts an amber hue, caused by tannin leached from the Cedar, Hemlock and Spruce in swamps that are drained by the river.

*“And thus sailed my Hiawatha
Down the rushing Taquamenaw,
Sailed through all its bends and windings,
Sailed through all its deeps and shallows,
While his friend, the strong man, Kwasind,
Swam the deeps, the shallows waded.*

*Up and down the river went they,
In and out among its islands,
Cleared its bed of root and sand-bar,
Dragged the dead trees from its channel,
Made its passage safe and certain,
Made a pathway for the people,*

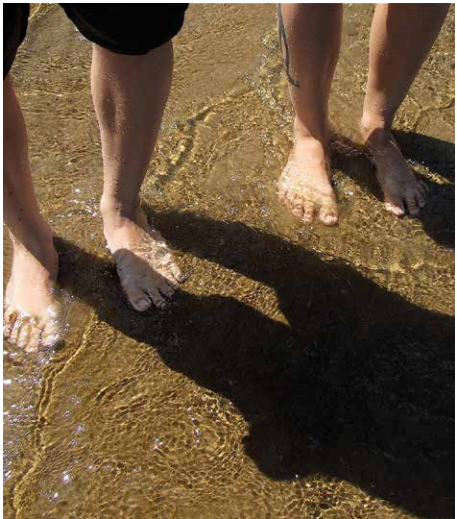
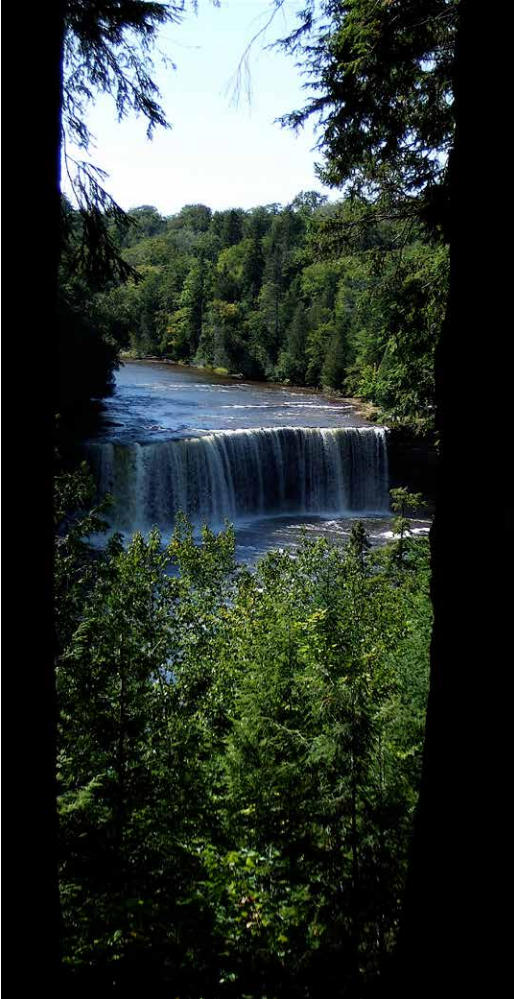
*From its springs among the mountains,
To the waters of Pauwating,
To the bay of Taquamenaw”.*

From lookout points near the falls, we took a short three-mile trail, and stumbled upon White Pines said to be 185 years old, standing 120’ high, 5’ in diameter, with a circumference of 15’8”. I removed a hatchet from my pack and began swinging at its base, old bark chipping and splintering this way and that, the sound of my murdering axe echoing across the ahh,h...gotcha.

After our hike, we entered the Tahquamenon Falls Brewery, and discovered a Blueberry Ale that paired well with a second Blueberry Ale. Owner, and master Brewer, Lark Carlyle Ludlow shared the history of the brewery, and gave a short description of how she produces her ales etc.

Seems Ludlow’s grandfather, Jack Barrett once owned the land that surrounds the falls. Grandpa Barret negotiated a deal with the Department of Natural Resources for the gift of his land to be used specifically for a State Park, with one restriction: the road and parking lot would terminate ¾ of a mile from the falls, thus preserving the park’s natural beauty and virgin forest. In 1996, a public resting place was developed, providing warm hearth, good food and micro-brewed beer through all four seasons. We satisfied our appetites with another Blueberry Ale, sipping it slowly on the exterior deck beneath the late afternoon sun.

A chipmunk brazenly worked his way close to me, while I rocked gently in my chair. Feeling good, I removed one of three full blueberries floating in my mug, and rolled it to my little friend, who picked it up and nibbled away ...





Empire Aviation Services brings 150 Jobs To Michigan

Wayne County Airport Authority (WCAA) has approved a new, two-year deal with Farmingdale, NY-based Empire Aviation Services to relocate its aircraft maintenance, repair and overhaul (MRO) operation to Hangar Bldg. 425 at Detroit Metropolitan Airport (DTW).

“Securing an FAA-certified MRO operation at Detroit Metro Airport has been one of the Authority’s strategic development initiatives, because of the skilled, technical jobs such a facility would bring to our region,” said WCAA CEO Tom Naughton. “We welcome Empire Aviation to its new home at DTW and to the opportunities having them as part of our airport community will generate.”

This new lease agreement provides Empire with its own facility at DTW, to which its Federal Aviation Administration (FAA) Part 145 MRO Certificate was recently transferred, thus enabling Empire’s MRO operation at DTW to serve airline customers.

“The Airport Authority’s development team has worked tirelessly to earn our business, and thanks in large part to their efforts, we look forward to calling Michigan home,” said Michael Romano from Empire Aviation Services. “We hope to begin our work at Hangar Bldg. 425 in the next 30 days.”

Empire Aviation will immediately add 50 new, highly skilled technology jobs, and expects to end the year with as many as 90 employees. Empire estimates they will end the two-year lease term with 150 employees.

DTW Launches Massive Green Conversion to LED Shoots For 66% Reduction in Power Consumption

Detroit Metropolitan Airport (DTW) will replace 6,050 lighting fixtures in both parking structures and increase the number of fixtures by 19%, while expecting to save

66% on its annual electric bill by switching to light-emitting diode (LED) lights.

The project will replace the 1,200 existing 210-watt metal halide fixtures in the Blue Deck, with 2,400 re-positioned 80-watt LED fixtures. The fixtures will be set at a maximum of 60 watts. All 4,800 existing 210-watt fixtures in the McNamara Terminal Parking Structure will be replaced with the LED fixtures, also operating at a maximum of 60 watts.

The project, competitively bid and awarded to Michigan-based Rauhorn Electric, Inc., is expected to cost \$6.2 million. The anticipated annual reduction of energy consumption by more than 7,345,000 kilowatt hours, in combination with reduced labor and material costs will save Wayne County Airport Authority approximately \$1.2 million (at current electric rates) every year.

The existing lights need to be replaced on average once every 13 months whereas the new Cooper LED lights are guaranteed to meet minimum lighting levels for ten years. The Authority may also be eligible for DTE Energy efficiency incentives.

“This project will produce multiple desirable outcomes,” said WCAA CEO Tom Naughton. “It will improve the lighting in our parking facilities, reduce energy consumption, save on maintenance costs and shrink our carbon footprint.”

In addition to the new fixtures, the project incorporates Smart Light Controls in both parking structures, which sense activity in the facilities and observe ambient light levels, allowing the Airport to reduce lighting levels during times of not activity. The controls can activate each LED fixture to provide ample lighting upon sensing pedestrians and vehicles. While the current parking lights run 24 hours per day, the new fixtures and Smart Controls will be able to harvest daylight and reduce power to the fixtures as appropriate.

“Airport consultants believe this may be the largest

single conversion from incandescent lighting to LED ever achieved in the nation,” said WCAA’s Director of Infrastructure and Engineering Ali Dib.

WCAA’s Infrastructure and Engineering Department, along with Walker Parking Consultants field-tested 12 different “low bay” light fixtures in the Blue Deck. Airport staff also visited local municipalities, which completed parking garage lighting upgrades.

“The energy saved in this project is equivalent to powering 880 U.S. households for one year, and the reduction of 7,000 metric tons of CO2 per year is equal to taking 1,350 passenger vehicles off the road,” said Dib.

The project is expected to be complete by September 2014

“It is a significant initial investment,” said Naughton. “But I will be smiling every month when I pay the electric bill.”

Public Hearing scheduled at Willow Run Airport Little used runway topic of session

A little-used runway at Willow Run Airport (YIP) will be permanently closed and removed to enhance safety and save on maintenance costs. Less than 2.5 percent of all flights use Runway 14-32, which runs diagonally across the airfield from northwest to southeast. Willow Run will still have plenty of airfield capacity with three available runways.

“The proposed closure of Runway 14-32 eliminates two runway intersections, which will improve airfield safety,” said Tom Naughton, Wayne County Airport Authority (WCAA) CEO. “The closure also saves an estimated \$150,000 annually in operational costs.”

Citizens are welcome to attend a Public Hearing on August 21, 2013, from 6 p.m. to 8 p.m. at 801 Willow Run Airport, third-floor conference room. The purpose of this hearing is to provide the public with information about the proposed project and to answer questions about environmental, economic, and social effects.

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