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A collection of three watches is displayed on the left: one with a brown leather strap, one with a pink leather strap, and one with a dark purple leather strap. On the right, a white high-top boot with black laces is shown. The background is a light gray with faint, stylized outlines of a watch face and a boot.

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Three women are sitting on a black leather couch. The woman on the left is wearing a pink top and white shorts. The woman in the middle is wearing a white top and pink shorts. The woman on the right is wearing a white top and pink shorts. A white shopping bag with the 'K' logo is on the floor next to them. A pink knitted item is also on the floor.

Makeup by Andrea Krass

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Cover  
Model: Anna Heint from Traque International Mgmt.  
Photographer: Scott Sprague  
Hair: Tomy Lulgjuraj from 6 Salon  
Makeup: Heidi Denha from 6 Salon







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## PUBLISHER'S NOTE

I know that a few of you are curious about our new name. Don't be afraid, we haven't changed our style — just perfected it. It's not about black or white, being too young or too old, it's not about disposable income or living on a budget — it's about everyone here in Southeastern Michigan coming together and recognizing all we have to celebrate. We've incorporated this attitude into one concept: living under the name of our first area code, 313, and doing it now.

313Now is about a metropolis on the rise. It's about great restaurants, a growing nightlife, a world-champion sports franchise and another on the brink — we're ready for a great season Dre! We focus on the up-and-comers, entrepreneurs, new businesses and the concept of taking on a challenge. It's about great entertainment, new artists, talented DJ's, and top-notch emcees — you're a superstar Rickey T! Looking good, feeling good, having a fresh hairdo and socializing in style is what we're all about. We want everyone to continue meeting people, enjoying friendships, encouraging one another, and making people smile — keep it up Large!

This issue of 313Now and the fall '04 issue are complimentary, however, we will be moving from the beauty salons, fitness centers and tanning salons to retailers like Borders and Barnes & Noble. We've stitched in a subscription card to save you some time so you can have all 6 issues for 2005 delivered to your door. A subscription to 313Now will also save you a few bucks off the cover price. Glad we could be of service, and as they say at 6, "It's all about you...."

See you soon,

Dan McCormick  
Publisher

- Publisher  
Dan McCormick
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## EDITOR'S NOTE

We all know what community involvement is: getting out there and interacting with those around you. Volunteering might come to mind, fund raising, or simply just being involved in something community-oriented. At 313Now, we strive to add an entertainment value to community involvement. Come and watch our unique events. You are among your peers, in your community and part of the proceeds go to charity. We bring people together in indirect ways as well. From showing you different aspects of fashion all the way to meeting professional athletes, we let you know what's going on in your community. We even go as far as to interviewing doctors and club owners, to give you an inside perspective on different professions. Community involvement goes beyond doing one thing, once in a while: it's about knowing your area and the mentality of those who you surround yourself with and embracing all of it. It's about opening your eyes to what you want, what others are doing and seeing how you can help along the way. This is our way of helping you. At 313Now, we want you to live to your fullest potential and to bring this energy to those around you. The next time you see a 313Now-sponsored event, come on out and bring your friends — catch a glimpse of what your community is all about.

Sincerely,

Jenna T. Caruso



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Stylists, photographers and spectators gathered at Erhard BMW in Farmington Hills Friday, June 18th to enjoy Allure, the Essence of Luxury, Elegance and Fashion. Eight exclusive models looked their best with help from the fabulous staff at 6 Salon. They wore the latest fashions from Dolce Moda and jewels from Metals in Time as they strutted down the runway.

Guests mingled while enjoying cocktails, and hors d'oeuvres were provided by Lelli's of Auburn Hills. Jay Towers from 93.1 WDRQ emceed to the beat of DJ Marquis' mixes while photographer Scott Sprague snapped shots of the event. This high-end, runway fashion show was also sponsored by Van-8 Collision and 29 Park — Windsor's premier nightclub.



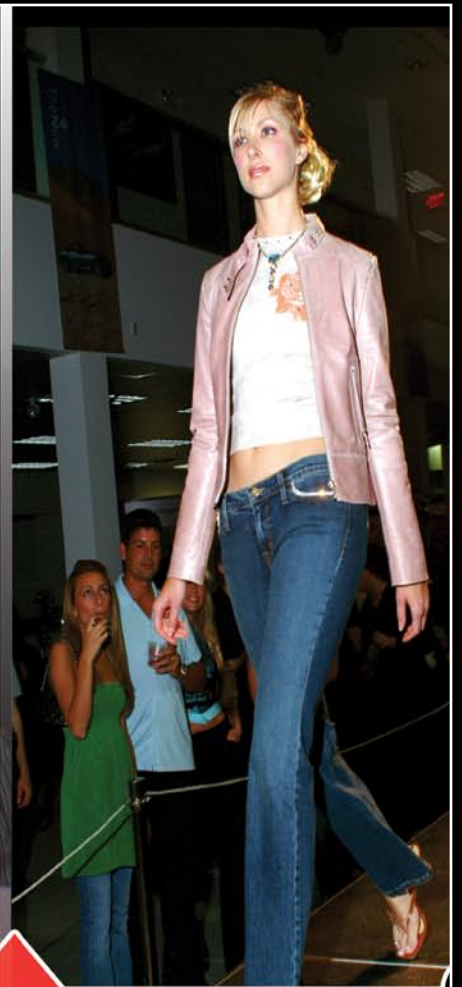










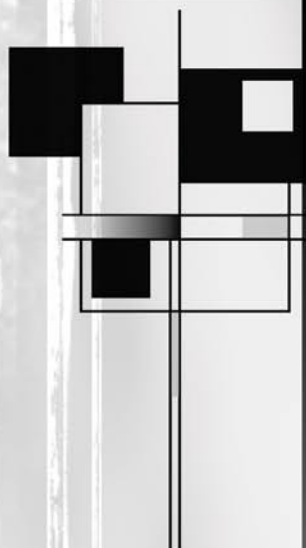




SCOTT SPRAGUE

PHOTOGRAPHY

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## Confident Words From The Corner



Starting out as a standout defensive back with the North Carolina Tar Heels, Dré Bly has come a long way. This loud-talking, hard-hitting player was a valued member of the Tar Heel defense. In fact, when he began college he was considering becoming a two-sport college student starting for the Tar Heel football team as well as Tar Heel baseball team.

After a freshman year that included

a record breaking number of interceptions, Dré made the decision that football would be his future and spent the rest of his college days on the football field. His hard work and determination named him All-American in his junior year. Dré entered the NFL draft in 1999 with the reputation of being a standout defensive back with quick feet and an aggressive play-making style. Unfortunately, he also carried with him a reputation for being cocky and, at times, outspoken in his abilities. Some experts believed that this contributed to his drop in the draft to the second round. But, as would become common in Dré's gifted football career, what may have been perceived as an initial setback became a blessing in disguise.

Drafted in 1999 by the St. Louis Rams, Dré was afforded the opportunity of a lifetime by playing on a Super Bowl Championship team his rookie year. Before the beginning of last season, the Lions signed Dré hoping to take advantage of his tremendous defensive abilities and his Super Bowl experience. The Lions were hoping that Dré would make an immediate impact on a young and talented team being led by a new coach and a young quarterback. Dré rewarded the Lions by having his best season as a pro and was named a starter in the 2004 Pro Bowl in Hawaii.

When asked what to expect this upcoming season, Dré explained that fans will see a team that has finally developed a 'winning attitude' and an understanding of the type of work ethic necessary to translate into a winning record. "Last year, we were

a young team with a brand new coach. Our goal was to develop a winning chemistry between the players and coaching staff and, most importantly, a belief in ourselves that we had the level of talent necessary to win games. This year the fans can look forward to a team that has the talent and the belief in themselves to win the games." With a healthy squad reporting for spring training, the Lions are poised to improve upon their 5-11 record from last year.

Looking at the upcoming year, Dré was asked if there are any particular teams or players in the league that he is not looking forward to playing against, he confidently replied, "Every game I play, I play my hardest. There is no quarterback or receiver I fear in the league." Echoing his brash comments from early in his career, Dré is quick to point out that there is a big distinction between cockiness and confidence. As he explained, "If you don't have that internal belief in yourself and your abilities, you have already lost the battle." As for his personal performance, Dré feels confident that Lions' fans have not seen his best football yet.

Raised by parents who were both teachers, Dré has always maintained a commitment and intimate understanding of the importance of education. Despite an intense professional schedule, Dré maintains his commitment to these ideals through his numerous charitable endeavors both here in Michigan as well as in his hometown in Virginia. In 2003, Dré donated \$30,000 to his former high school and \$250,000 to the athletic scholarship fund in North Carolina. Locally, Dré participated in a yearly, summer football camp

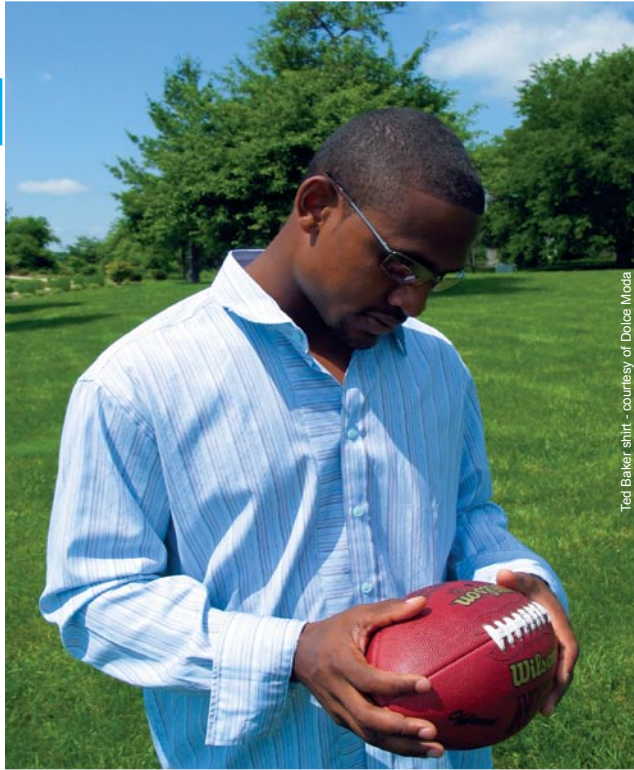






for children featuring guest appearances and coaching tips from several of his fellow Lions' players. Last year, Dré also donated 20 tickets to each home game to the children of a local Detroit Recreation Center.

Off the field, Dré spends a majority of his free time with his wife and three kids at their home in Northville. In fact, when asked where his favorite nightspot was in Detroit, he quickly answered, "Anywhere with my wife." When asked what his plans are after football, Dré pointed out that the end was nowhere in sight at this time. At a young age of 27 and in the best playing shape he has been in since entering the league, Lions' fans can be confident that he will stick around for as long as he can.



Ted Baker shirt - courtesy of Dolce Moda

### **33** Favorites

*What is your favorite type of music?* R & B

*What CD is in your car right now?* Jay Z

*What is your favorite watch?* Rolex (rose gold)

*What is your favorite cologne?* Bvlgari

*What is your favorite dish?* Chicken Parmesan

*Where is your favorite vacation destination?* Bahamas





Photography by Scott Sprague  
Stylist: Lauren Copp

# foot traffic

Fine footwear to get you there



Kitten heel \$48, embellished sandal with high heel \$98,  
both from Shapes





Spago by Marco Delli –  
\$325 from Dolce Moda



Ankleboot by Marina Fabiani –  
\$375 from Dolce Moda



Biker snickers by Vicini –  
\$325 from Dolce Moda



Rock 'n Roll shoe \$90 from  
Kenneth Cole – Somerset





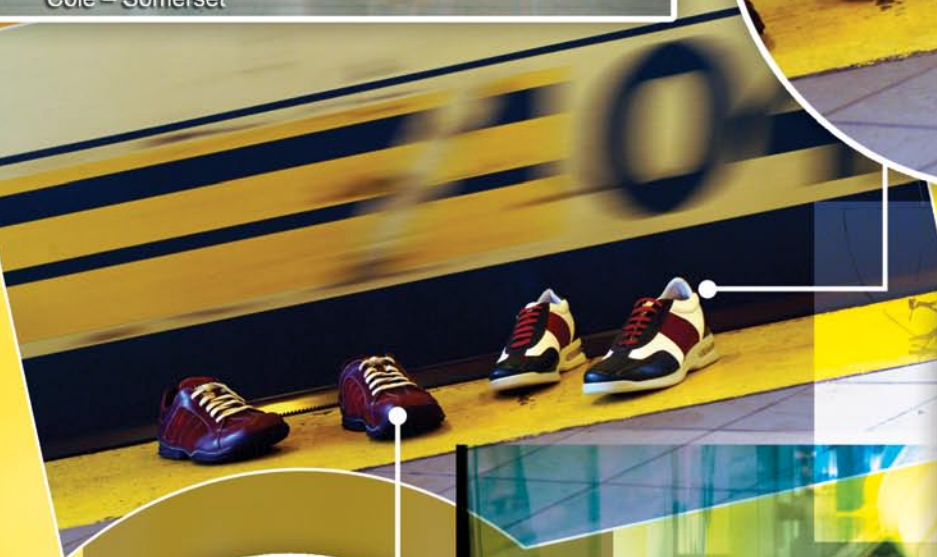


Kitten heel \$48 from Shapes

Dance fever \$125 from Kenneth Cole – Somerset



Conner Casual by Cole Haan – \$245 from City Slickers



Hike-a-long shoe \$108 from Kenneth Cole – Somerset

Leather sandals by Brumas's – \$195 from Dolce Moda

Mauri thong sandal \$475 from City Slickers







## A FRESH APPLICATION

**F**or someone who always pictured herself working “in the business world,” 23-year-old Heidi Denha has found her success and talent in an unanticipated career full of endless opportunities. Sometimes the unexpected careers are said to be the greatest ones, and for Heidi, the unforeseen prospects of the fashion industry have brought her to a place that she never would have imagined. Today Heidi’s career does entail some office work, but her job is heavily engrossed with service — being a brilliant makeup artist with her own makeup line. Heidi does makeup

job when I got out of high school,” she said. Heidi applied to Prescriptives, a store at The Somerset Collection located in Troy, and was hired without any makeup experience. “They trained me, and I just learned as I went along. I really liked it,” said Heidi. During her year-and-a-half of working at Prescriptives, Heidi developed a talent and fondness for custom making powders and foundations. She found satisfaction in the process of mixing colors to match skin tones because, like so many women, she could never find anything to match her skin tone. Heidi then began working for M.A.C at The Somerset Collection in Troy. She worked there two years, furthering her knowledge and experience in the professional makeup world. She adored the style and changing colors M.A.C represented. “M.A.C taught me to be quick, it was very fast paced. One day I realized, ‘I can do this on my own,’” said Heidi.

Although Heidi had never done makeup professionally before working at Prescriptives, she was not an amateur in the fashion industry. Heidi began modeling when she was 15-years-old and was able to establish a multiplicity of contacts around the country as she traveled with auto shows. She cultivated a sharp eye for what photographers craved. She also became experienced with the behind the camera action and had gotten her makeup done countless times. “I hated when people did my makeup,” said Heidi. “I felt like I looked better when I did my own.” Heidi became familiar with the business and with the changing trends at a young age. Easily able to critique various makeup lines, Heidi learned to recognize what she wanted from a makeup line and what consumers expected from one. Due to this insight, she realized that she wanted to be independent. She was ready and qualified to formulate her own line.

When Heidi was able to hook up with 6 Salon owners, George and Johnny Nikollaj and Tomy Lulgjuraj, this goal became a reality. Prior to the opening of the salon, while Heidi was in Los Angeles working as a product specialist for an auto show, she met an independent chemist who had done work for various makeup lines. Heidi was able to work with him to start her line. Then when 6 Salon opened, she was able to



and tweezes eyebrows out of 6 Salon, located in Royal Oak, and has designed her own makeup line, Heidi D Cosmetics.

Even though Heidi now knows the ins and outs of makeup application, her situation was a bit different when she was younger. Makeup was never before an integral part of her life. “I never wore makeup. I didn’t even know how to do it when I was younger,” said Heidi. Heidi’s career began when she was 18. “I was looking for a fun





do makeup and eyebrows on her own, creating a venue to promote and sell her line, Heidi D Cosmetics. Heidi D Cosmetics are formulated with the consumer in mind. Heidi worked closely with the chemists to assure that all her makeup was created exactly how she wanted. "I know what ingredients I want and don't want to use. When I work with a chemist, a product will go back and forth a million times before it is complete," said Heidi.

Now, Heidi D Cosmetics consists of 12 lipstick shades, that Heidi formulated, 22 lip-glosses, six foundations and four powders. Eventually Heidi wants to carry a full line of cosmetics, skin care products and accessories. "I have a big variety of products: there is something for everyone," said Heidi. Presently, Heidi carries other exclusive lines along with her own because it is not yet complete, but ultimately she hopes to phase the other products out. She also continues to custom blend powders and foundations if needed. "I've created foundations for people that hate foundations," said Heidi. Heidi D foundations protect the skin and are full of vital components such as SPF, vitamin E, and aloe. Heidi's products are practical and are less expensive than at department stores as she spent over a year researching makeup and other makeup lines. Heidi said that all her experience in the fashion industry has put her ahead. "I have an edge on what photographers and consumers are looking for because I've worked on both sides," she said.

When it comes to her job, Heidi is happy with her success, but still has many plans for the future. "I started at this salon from scratch, and I'm doing really well. My clients consist of mostly referrals and walk-ins. Once I

get them in the chair, and they like what I've done, they come back. You just have to get them to trust you one time," said Heidi. "If my client wants something, I'll try to make it or get it for them. I want a full line of quality products — quality not quantity," said Heidi. Her approach to applying makeup is that everyone has a great feature and that an artist should pick that feature, accentuate it with makeup, and then go lighter on the rest of the face. Heidi explained that many first-time clients are apprehensive about getting their makeup done. "I won't ever do something a client does not like. I just make suggestions," she said.

Heidi's philosophy is that makeup should be fun, and that it should change depending on the where a person is going and on the time of day. "If you're going out



at night, you should look like you're wearing makeup. Even in the corporate world, why wouldn't you wear makeup? Just don't make it as dramatic. Do something different. Change it up a bit," said Heidi. Heidi also specializes in eyebrow tweezing and has many clients that come in for this service, half of which are men. "More men are trying to maintain their grooming habits," she said. Heidi explained that a lot of men are hesitant to get their eyebrows waxed at first. "People don't understand what a big difference eyebrows make. They shape your whole face." Heidi contends that tweezing is preferred over waxing because it is more precise and is a process of sculpting and shaping. It takes more time than waxing, but, "with wax you can make some big







mistakes.”

In order to ensure that her customers are pleased and knowledgeable of their makeup application process, Heidi designs a face chart for each of her clients and offers them one-hour makeup lessons. “It’s just practice,” she said. “You have to do it over and over until you get it right.” When there is a large request, Heidi teaches a four-hour makeup class to those who want to learn more in-depth makeup instruction and technique. She has trained a team that works with her for larger parties, and has recently trained an assistant that will be able to service her clients when she is not available. Heidi has been hired to service many bridal parties and fashion shows. Through her affiliation with Commodities Management Exchange, Inc. (CMX), she has also done work for fashion shows, photo shoots, and music videos both in Michigan and in Las Vegas.

Presently, Heidi is working on her Bachelor’s of Business Administration at Baker College, located in Auburn Hills. She is attending college full-time, working full-time and is juggling the development of her makeup line. Through all her hard work, Heidi deems her greatest accomplishment as the fact that she has been able to create Heidi D Cosmetics on her own. Heidi financially funded the entire project, as well as created the packaging, logo, and all the artwork for her products. Heidi is also proud of all the connections that she has created through her years of working in the fashion industry. She hopes to soon complete her makeup line and eventually open her own studio. Heidi even wants to be international one day and why not, she has already found so much success at the age of 23. Give her 10 more years, and Heidi D will be on faces and in purses worldwide. Expect the unexpected from this young talent.



Heidi D Cosmetics are available at:

- **Moci** (Fairlane Mall – Dearborn)
- **6 Salon** (Royal Oak)
- **Cool Blue** (Dearborn)
- **Vixen Intimates** (Royal Oak)
- **Platinum Tanning** (Troy)

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

## MAKEUP DOS AND DON'TS

### DO

- Wear a shimmery powder or bronzer where the sun would hit naturally instead of all over the face
- Add a hint of color to you bottom lashes for a soft, fun look
- Add more color to you makeup for a finished, evening look
- Wear a tinted moisturizer instead of foundation in the summer
- Compliment your makeup with the look you’re going for
- Change it up sometimes

### DON'T

- Think you have to match your eye shadow perfectly to your outfit
- Stick to the same makeup colors for every occasion
- Do what your friend does. Everyone has different features and makeup should be applied accordingly.

**REMEMBER:** Makeup doesn’t make someone pretty; all it does is enhance someone’s natural features.







Britani, Jay & Leah at Allure



Shawna & Sandra at 29 Park



Corine & Ryan at Envy



Chris & Angie at Figo



Kurt & Amy at Drinks & a Show



Aimee & Tara at Beach Grill



SITE SEEING



Anthony & Olivia at Mezzaluna



Tara & Mike at Posh



Donna & Sami at Drinks & a Show



Tiesto at Bleu

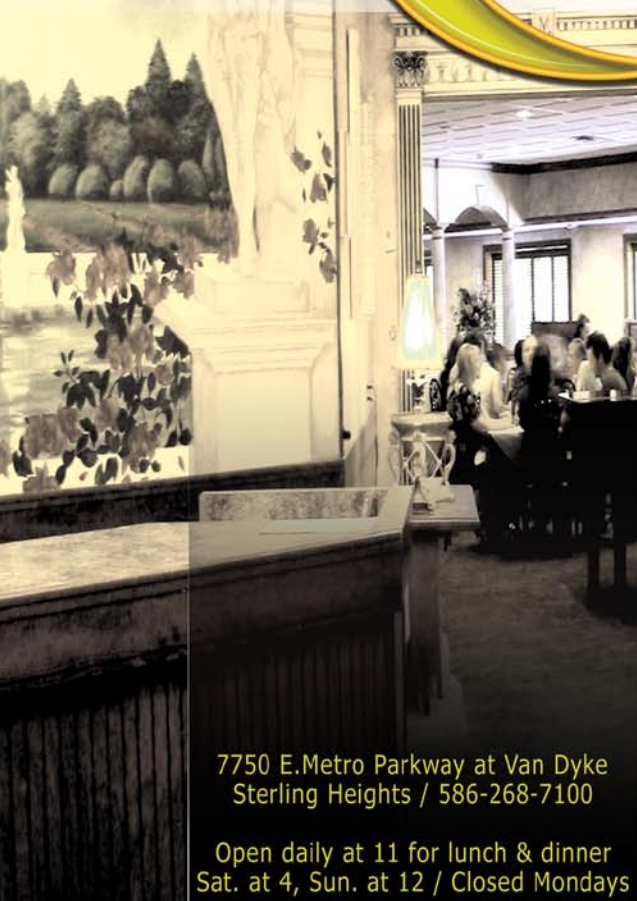


Renee Godin & models at Dolce Moda



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# BACK TO THE BALLPARK

The Tigers were on the road, so our fashion team hit the field in style

Photography by **Scott Sprague**  
(sspraguephoto.com)

Hair: **Dane Cabrera-Elsila** – Red the Salon  
Makeup: **Barbara Deyo** – Boldface Makeup

One-strap, asymmetrical,  
flower-print dress \$139  
from Shapes

Blue-drape dress \$42,  
Large turquoise ring \$20,  
Embellished shoes \$48,  
all from Shapes







Sevres Papavero trousers **\$155**,  
 Dulce de Leche linen shirt **\$150**,  
 Tateossian leather wrap necklace **\$205**,  
 Brumas's leather sandals **\$190**,  
 all from Dolce Moda  
 Sunglasses – Vintage Porsche Carrera  
 Aviator **\$409**  
 from Optik Birmingham





Dulce de Leche two-button pants **\$75**,  
Lew Design shirt **\$130**,  
Brumas's leather sandals **\$190**,  
all from Dolce Moda





Strapless, flower-print dress \$139,  
Earrings \$42, both from Shapes




Orange halter top \$28,  
White denim skirt \$68,  
both from Shapes  
Never worn, original vintage Emelio  
Pucci c. 1969 \$459  
from Optik Birmingham

Capital Tailor signature jeans \$285,  
Dulce de Leche sleeveless top \$50, Ted  
Baker beluga sandals \$45,  
all from Dolce moda  
Sunglasses by Robert Marc \$345  
from Optik Birmingham

White poncho w/ yellow flower \$65,  
White camisole (under poncho) \$20,  
Jeans \$68,  
Yellow purse \$38,  
all from Shapes  
Sunglasses by Initium \$179  
from Optik Birmingham





A woman with dark hair and bangs is posing on a baseball field. She is wearing a white, sleeveless, halter-neck dress with multiple layers of ruffles. She is also wearing large, ornate, silver-colored earrings. She is looking back over her shoulder at the camera while her arms are extended forward in a playful gesture. A baseball is visible on the ground near her feet. The background shows the green grass of the field and a dark green outfield fence with white lettering.

White-drape dress with ruffle \$150,  
Earrings \$42,  
both from Shapes



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Amber, Charity & Linda from Creative Image



Jennifer, Shaina & Mandy from Elle Salon & Spa



Shariee & Amanda from Powerhouse - Farmington Hills

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★ **Brownstown**  
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★ **Clinton Township**  
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586-412-6660  
Total Tan  
586-791-4999  
Metropolitan  
586-226-8925  
Power Tan  
586-792-0144  
Aloha Tanning  
586-228-1700  
Bianchi's Salon  
586-263-7575  
Blue Hawaii Tanning  
586-463-8991  
Powerhouse Gym  
586-468-6366  
Champion Cellular  
586-954-3333

★ **Commerce Township**  
Island Sun Tanning Salon  
248-926-6733  
Bay Pointe Tanning  
248-363-4355  
Island Sun Tanning Salon  
248-366-1971

★ **Dearborn**  
European Tanning Club  
313-945-9220  
Creative Image Salon & Tanning  
313-846-4444  
Tips "N" Toes  
313-582-8200  
Silk Salon  
313-724-1400  
Cool Blue  
313-581-8858  
Salon West  
313-561-2828  
Silvia's Day Spa & Salon  
313-277-3312  
Bally Total Fitness  
313-583-0034

★ **Detroit**  
The Broadway  
313-963-2171  
City Slickers  
313-963-1963  
Planet Rock Music  
313-554-4525

Powerhouse Gym Downtown  
313-446-9722  
Powerhouse Gym – Rosedale Park  
313-835-2698  
Powerhouse Gym – Highland Park  
313-868-1035  
Klever Design & Printing  
313-965-9494  
Bally Total Fitness  
313-366-2826

★ **Farmington**  
Legato  
248-442-4999  
Salone RAJI  
248-932-1122  
Sun Skins  
248-476-7488  
Aloha Tanning  
248-442-9211

★ **Farmington Hills**  
Tamara's Spa  
248-855-0474  
Key West Tanning  
248-855-4949  
Aura Spa, Salon & Wellness  
248-592-1622  
Ultra Tan  
248-442-9100  
Haggerty Beach Club Tan Center  
248-661-3636  
Powerhouse Gym  
248-477-4700

★ **Fenton**  
Powerhouse Gym  
810-714-0911  
Australian Sun  
810-714-4234

★ **Ferndale**  
Hawaiian Sun Tan  
248-541-7330  
Cloud 9  
248-541-0133  
Salon 501  
248-399-0501

★ **Flint**  
Powerhouse Gym  
810-720-5082  
Sassy's Salon & Boutique  
810-238-5055  
Champion Communications  
810-742-1010

★ **Garden City**  
Disc Jockey Supply



734-427-7177

## ★ Grand Blanc

Sun-n-Surf Tanning Salon  
810-603-BTAN  
Island Sun Tanning  
810-694-0820

## ★ Grosse Pointe

South Beach Tanning  
313-882-5250

## ★ Hazel Park

Island Tan  
248-591-7220

## ★ Highland Township

Powerhouse Gym  
248-889-8884

## ★ Keego Harbor

Gean's Elegant Touch Salon  
248-683-4606  
Tangerine the Salon  
248-683-5550

## ★ La Salle, Ontario

On the Dark Side Tanning  
519-967-9976

## ★ Lake Orion

Rumourz Salon  
248-693-3166  
YucaTan  
248-693-5050

## ★ Lincoln Park

Powerhouse Gym  
313-381-2125

## ★ Livonia

All Star Tanning & Nails  
734-458-4003  
Hawaiian Sun Tan  
734-432-3080  
Suzanne's Sun Skins  
734-261-0660  
Shades of Summer Tanning  
Salon  
248-474-8668  
Powerhouse Gym  
734-458-9445

## ★ Macomb

Andrew Marke Salon  
586-948-8200  
Island Sun Tanning Salon  
586-247-3588  
Electric Tan  
586-421-1144  
South Beach Tan  
586-532-9939

Image Sun Tanning  
586-412-2111

## ★ Madison Heights

Club Soleil  
248-307-1786  
Golden Tan  
248-548-6007  
Image Sun Tanning  
248-589-0571  
Eclipse Tanning  
248-585-0303  
Champion Communications  
248-399-2700  
Powerhouse Gym  
248-589-8030

## ★ New Baltimore

Powerhouse Gym  
586-725-2010  
Phoenix Sun Tanning  
586-725-9937  
Image Sun Tanning  
586-716-2582  
Head-N-Hair  
586-716-2990

## ★ Novi

Salon Agape  
248-735-1584  
Fashion Tan  
248-624-1350  
Tres Jolie By Cameron  
248-888-0655  
Gina Agosta Hair Color &  
Design  
248-477-2266  
Totally Tan  
248-380-3400  
Blow Salon  
248-348-6896  
Bally Total Fitness  
248-349-7410

## ★ Oakland Township

Sandalwood Bay Spa & Salon  
248-364-4500  
Image Sun Tanning  
248-276-9359

## ★ Oak Park

Dallas Designs Salon  
248-542-8315  
New Sahara Restaurant  
248-399-7744

## ★ Orchard Lake

Visible Results  
248-538-7546  
Electric Beach Tanning  
248-626-7800

## ★ Orion Township

Glitz Salon  
248-393-4500  
Champion Tan  
248-393-9900  
The Salon on Waldon Pond  
248-391-3240

## ★ Ortonville

WOW Tan  
248-627-3814

## ★ Oxford

Sabrina's Salon  
248-628-3266  
Powerhouse Gym  
248-628-0613  
V.I.P. Tanning  
248-969-8266

## ★ Plymouth

Spa Julianna  
734-455-4445  
Bally Total Fitness  
734-459-8890

## ★ Redford

Bally Total Fitness  
313-535-5010

## ★ Riverview

V.I.P. Salon & Spa  
734-479-1166

## ★ Rochester

Beaches Smarter Tanning  
248-375-4444  
Sun Oasis Tanning Center  
248-656-8444  
London Hair Company  
248-651-5109  
Miami Beach Tanning & Nail  
Salon  
248-608-6870

## ★ Rochester Hills

Elle Salon & Spa  
248-293-0074  
Body Glow Massage & Tan  
248-844-5433  
Glitz Salon  
248-650-9300  
Club Sun  
248-844-8445  
Powerhouse Gym  
248-844-5500  
Image Sun Tanning  
248-844-9244

## ★ Roseville

London Calling Salon  
586-778-6379

Darker Image Tanning  
586-498-8266

## ★ Royal Oak

6 Salon  
248-398-1586  
Palazzolo  
248-545-0060  
Upstares  
248-545-1790  
Alex Emilio Salon  
248-414-7600  
Club Soleil  
248-549-1786  
Dolce Moda  
248-399-6200  
Hair Color Experts  
248-543-4429  
Shapes  
248-547-4990  
Incognito  
248-548-2980  
Sole Sisters  
248-547-7653

## ★ Shelby Township

Chili Peppers Tanning  
586-726-7442  
Details Salon  
586-731-4767  
Aloha Tanning  
586-739-4900  
BonCiDello Salon & Spa  
586-532-7020  
Chili Peppers Tanning  
586-254-8125

## ★ Southfield

Planet Sun  
248-352-2001  
Eclipse Tanning  
248-358-8883  
Island Sun  
248-557-3730  
Powerhouse Gym  
248-552-0707  
Powerhouse Gym Tel-ex  
248-354-7048  
Bally Total Fitness  
248-557-4700

## ★ South Lyon

Powerhouse Gym  
248-446-1010

## ★ Sterling Heights

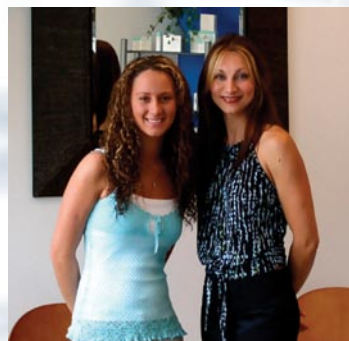
Tru Couture  
586-795-5530  
Electric Tan  
586-997-1201  
Image Sun Tanning  
810-939-9965



Global Cellular & Tanning  
586-739-6922  
Image Sun Tanning  
586-795-5200  
VIP Tanning Salons  
586-939-2238  
Champion Communications  
586-268-7755  
Global Network Communica-  
tions  
586-978-7777  
Chili Peppers Tanning  
586-276-0098  
Sunshine Tanning  
586-978-9120  
Powerhouse Gym  
586-726-0995  
Jamaican Tan  
586-978-2443  
Bally Total Fitness  
586-254-4411



Rebecca, Stacey & Nicole from Glitz



Cecilia & Elena from Visible Results



Ann & Jessica from Powerhouse -  
Rochester

★ **St. Clair Shores**  
Total Tan  
586-771-3330  
Michael Dennis Salon  
586-293-0100  
Chili Peppers Tanning  
586-285-1144  
Metropolitan  
586-774-7335  
Powerhouse Gym  
586-771-5898

★ **Taylor**  
Powerhouse Gym  
313-295-5600  
Electric Tanning Company  
313-292-9884  
Platinum Communications  
Centers  
313-295-4000  
Platinum Communications  
Centers  
313-291-5000  
Champion Communications  
734-287-7500

★ **Trenton**  
Bally Total Fitness  
734-675-7400

★ **Troy**  
Premier Dental Center  
248-457-0500  
Platinum Communications &  
Tanning  
248-879-0000  
Crazy Joe's Tanning Salon  
248-689-6899  
Gi'Angelo International Salon  
248-649-1240  
Beaches Smarter Tanning  
248-879-8000  
J J's Barber Shop  
248-585-5576  
VIP Tanning  
248-828-7676  
Image Sun Tanning  
248-244-8484  
Katherine Lynn Salon  
248-879-3090  
Club Sun  
248-524-1180  
Bianchi's Salon  
248-619-0100  
Fitness One  
248-435-0434  
Charles Intermaggio Salon  
248-879-1560  
Powerhouse Gym  
248-362-3636  
Bally Total Fitness  
248-524-6474

★ **Utica**  
Tips Toes Tans & Travel  
248-608-0057  
Beepers Warehouse  
586-726-5555  
Champion Communications  
586-323-3275

★ **Warren**  
Island Sun  
586-757-8214  
Chili Peppers Tanning  
586-775-6203  
Disc Jockey Supply  
586-582-0871  
The Cutting Edge  
586-795-9225  
Club Tan  
586-751-7575  
Color Me Badd Tanning  
586-757-2233  
Chili Peppers Tanning  
586-447-1144  
Bally Total Fitness  
586-575-9000

★ **Washington**  
Island Sun  
586-677-3720  
Powerhouse Gym  
586-781-7060

★ **Waterford**  
Beach'n Tan  
248-683-7464  
Denny's Hair Studio  
248-666-4770  
WOW Tan  
248-623-9937  
Shear Elegance Salon & Bou-  
tique  
248-673-5252  
Beach Club Tanning  
248-623-9696  
Champion Tanning  
248-673-8888  
Sun City  
248-681-6944  
Powerhouse Gym  
248-683-3353  
Disc Jockey Supply  
248-618-1102  
Bally Total Fitness  
248-666-3611

★ **Wayne**  
Champion Communications  
734-641-3355

★ **West Bloomfield**  
Salon Clique  
248-851-7688

Bang Salon  
248-851-6660  
Truth Rejuvenating Spa & Salon  
248-932-7729  
Tarro  
248-645-5060  
Essence Clothing  
248-539-1905  
Four Seasons Premium Tanning  
248-538-5554  
Indigo Salon  
248-960-4990  
Powerhouse Gym  
248-539-3370

★ **Westland**  
Tropical Island Tanning  
734-425-0606  
All Exposed Tanning & Nails  
734-207-1007  
Hair Affair  
734-425-9660  
Always Tan  
734-525-7297  
Acapulco Tanning  
734-266-8440  
Powerhouse Gym  
734-722-4040

★ **Windsor, Ontario**  
Scruples Salon & Spa  
519-973-5598  
T' Dye For Hair - Spa  
519-252-2DY4  
Salon Utopia  
519-739-0507  
Vantasia Salon  
519-258-6786  
Inesia for Hair  
519-977-7575  
Serendipity Spa & Gifts  
519-985-2277  
On the Dark Side Tanning  
519-977-7284  
On the Dark Side Tanning  
519-988-0255  
On the Dark Side Tanning  
519-739-3323  
IQ Clothing  
519-254-0123

★ **Wixom**  
Endless Summer Tanning Club  
248-669-1650

★ **Ypsilanti**  
Electric Beach Tanning Salon  
734-483-4545





**313Now is distributed at the following metro area hotels:**

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Best Western Executive Plaza  
Courtyard by Marriott  
Sheraton Inn  
Residence Inn by Marriott  
Hampton Inn (N)  
Holiday Inn (N)  
Hawthorn Suites  
Microtel Inn & Suites  
Red Roof Inn Ann Arbor (N)  
Comfort Inn & Business Center  
Red Roof Inn (S)  
Hampton Inn (S)  
Extended Stay America  
Fairfield Inn by Marriott  
Studio Plus  
Bell Tower Hotel  
Michigan League  
Dahlmann Campus Inn  
Comfort Inn & Business Center  
Holiday Inn Express

★ **Auburn Hills**

Courtyard by Marriott  
Hilton Suites  
Staybridge Suites  
Wellesley Inn & Suites  
Wingate Inn  
Hampton Inn  
Holiday Inn Select  
Americasuites  
Comfort Suites  
Candlewood Suites  
Extended Stay America  
Fairfield Inn by Marriott

★ **Belleville**

Hampton Inn

★ **Birmingham**

Townsend Hotel  
Hamilton  
Kingsley  
Holiday Inn Express

★ **Canton**

Baymont Inn & Suites  
Fairfield Inn by Marriott  
Extended Stay America  
Holiday Inn Express  
Canton Super 8 Motel

★ **Clinton Township**

Best Western Concorde Inn

★ **Dearborn**

Ritz-Carlton  
Hyatt Regency  
Courtyard by Marriott

Town Place Suites by Marriott  
Hampton Inn  
Extended Stay America  
Quality Inn  
Best Value Inn  
Dearborn Inn  
Red Roof Inn

★ **Detroit**

Omni Detroit River Place  
Pontchartrain  
Athenum Suites Hotel  
Comfort Inn  
Courtyard by Marriott  
Ambassador Holiday Inn  
Express  
Inn On Ferry Street  
Saint Regis Hotel

★ **Farmington**

Radisson  
Red Roof Inn  
Holiday Inn

★ **Farmington Hills**

Fairfield Inn by Marriott  
Extended Stay America  
Courtyard by Marriott  
Comfort Inn

★ **Livonia**

Embassy Suites  
Marriott  
Courtyard by Marriott  
Residence Inn by Marriott  
Fairfield Inn by Marriott  
Holiday Inn  
Best Western Laurel Park  
Suites  
Quality Inn & Suites  
Americasuites  
Townplace Suites by Marriott

★ **Madison Heights**

Hampton Inn  
Fairfield Inn by Marriott  
Residence Inn  
Extended Stay America  
Best Western Inn

★ **Northville**

Hampton Inn

★ **Novi**

Hilton  
Hotel Baronette  
Ramada Limited  
Courtyard by Marriott  
Wyndham Garden  
Extended Stay America  
Studio Plus  
Country Inn & Suites

★ **Plymouth**

Hilton Garden Inn  
Quality Inn  
Red Roof Inn

★ **Pontiac**

Marriott Hotels Resorts Suites  
Courtyard by Marriott  
Residence Inn by Marriott

★ **Romulus**

Marriott Hotels Resorts Suites  
Four Points by Sheraton  
Crowne Plaza Hotel  
Hilton Suites  
Courtyard by Marriott  
Hilton Garden Inn  
Best Western Gateway  
International  
Doubletree  
Comfort Inn  
La Quinta Inn  
The Westin  
Hampton Inn  
Baymont Inn & Suites  
Clarion Hotel  
Fairfield Inn by Marriott

★ **Southfield**

Embassy Suites  
Hilton Inn  
Marriott  
The Westin  
Comfort Suites  
Hawthorn Suites  
Hampton Inn  
Residence Inn by Marriott  
Candlewood Suites  
Red Roof Inn  
Homestead Guest Studios  
Holiday Inn  
Best Western Southfield Inn  
Courtyard by Marriott

★ **Sterling Heights**

Town Place Suites by Marriott  
Best Western Sterling Inn  
Days Inn  
Hampton Inn & Suites

★ **Troy**

Embassy Suites  
Hilton  
Marriott  
Drury Inn  
Residence Inn by Marriott  
Holiday Inn  
Red Roof Inn  
Courtyard by Marriott

★ **Utica**

Courtyard by Marriott

Staybridge Suites  
Americasuites  
Baymont

★ **Warren**

Four Points by Sheraton  
Courtyard by Marriott  
Residence Inn by Marriott  
Baymont Inn & Suites  
Ramada Limited  
Quality Inn  
La Quinta Inn  
Hampton Inn  
Comfort Suites  
Holiday Inn Express  
Red Roof Inn  
Studio Plus  
Homewood Suites  
Candlewood Suites  
Fairfield Inn by Marriott

★ **Waterford**

Best Western Concorde Inn  
Holiday Inn Express

★ **Wixom**

Baymont Inn & Suites

*\* If your hotel is interested in service from Preview America Concierge please call 248-427-9370.*





Amy & Sandra at 29 Park



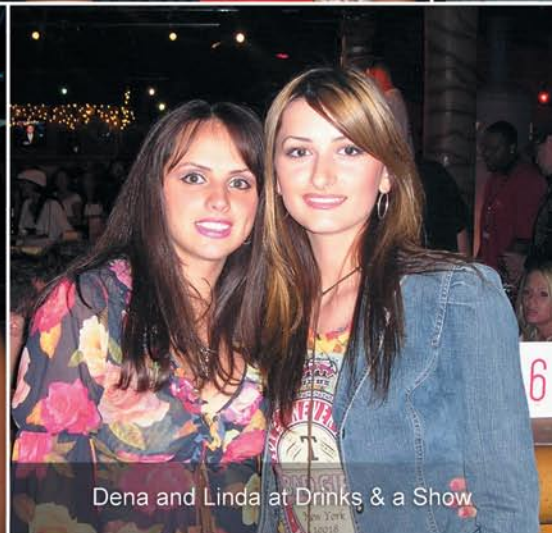
Tequila & Lacey at Lush



Larin & Michelle at 29 Park



Mike & Dana at Blue Martini



Dena and Linda at Drinks & a Show



Inessa & Thomas at Dolce Moda



Julienne & Cassidy at Allure



Scott, Nadia & Dan at Drinks & a Show



Christine, Carlin & Kristina at Envy



Jen & Dayna at Posh



Ana & Rich at Beach Grill



# WINDSOR'S PREMIER NIGHTCLUB



twentyninepark

reservations: 519.254.1767 [www.29park.com](http://www.29park.com)







## The crowd is revved by bartenders' amazing abilities



Drinks & A Show, sponsored by Skyy Vodka, Attorney Bart Morris, 93.1 WDRQ and Earth 2 Earth, provided flair bartending entertainment every Monday night during the month of June. Crowds gathered at Tiki Bob's Cantina in Pontiac as bartenders competed for a spot on finals night which took place June 28th. Winners took home over \$2,500 in prizes.



There's no telling what they'll do next



Doesn't that add a little excitement to your drink?







Even though it's a competition, there's no animosity between these guys....



Even the dog seems excited!



I am soooooo good at this!



I've heard of juggling fruit, but this is insane!



??



Move, man, MOVE!

Can't make it pour out any faster Shawn!



23\*44/23+454-32/  
432\*77/4+34+22-43\*  
42=???



Nice biceps!

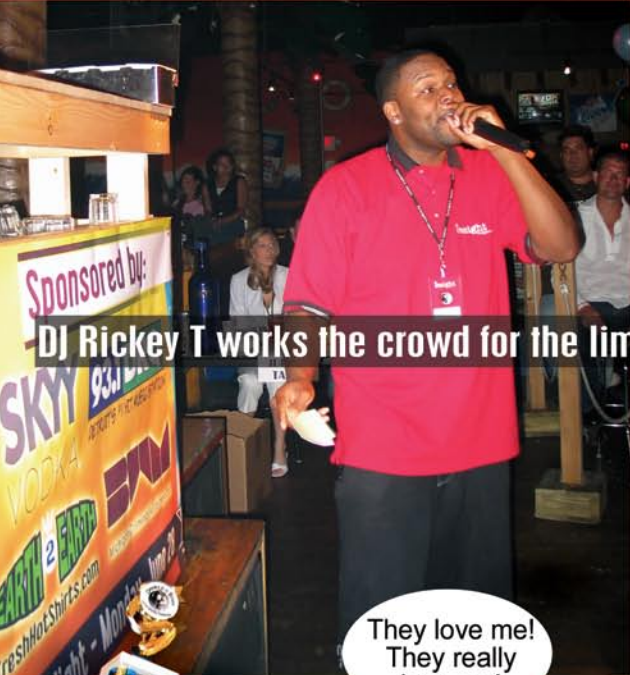
Nice shoulders!

I'm dizzy!

How are all of you going to decide with all that talent?

Not an eye is distracted from all this action!





DJ Rickey T works the crowd for the limo give-a-way!



Sing us a song now, Dan! Come on!

No way!

Even charity gets awarded in this competition.



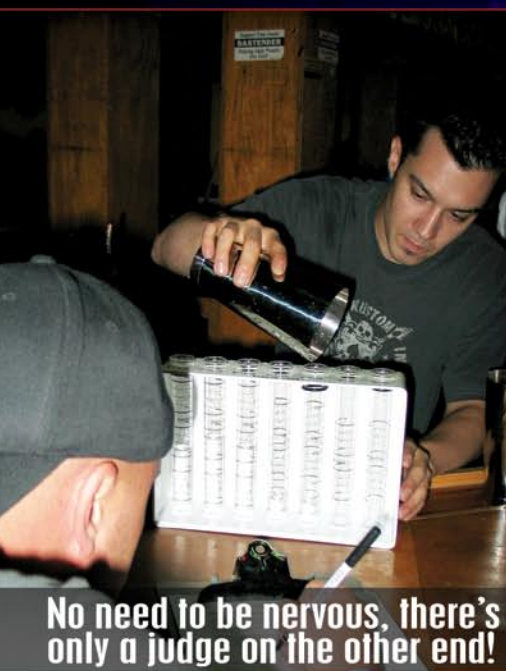
They love me! They really love me!

See ya next year, dude!



Well, I guess I am just soooo good at this!

Now tell us Mike, doesn't it feel good to win!



No need to be nervous, there's only a judge on the other end!



Too bad the bottles are empty.

Skyy flair bottles presented by Matt from Flairco.com for one "Big A\*\* Move."



I will take you down buddy! ... anytime ...

Come on Grandpa, be nice to Tom Cruise!

For list of standings from finals night, see page 62



*n-air personality, McConnell Adams, a.k.a. Man @ Large, has been in the radio business for 15 years. Large loves working in Detroit because of the atmosphere and because Detroit is "real." He knows how to get the party started and how to keep it going. Here's some more on how Man @ Large feels about his job at 93.1 WDRQ and his career as a D.J. ...*

**313Now:** Are you from Detroit originally?

**LARGE:** Originally I'm from Greenville, Mississippi. A lot of people don't know that, but I'm originally a southern boy.

**313Now:** Is that where you went to school?

**LARGE:** I was in Michigan until I was about thirteen. I moved out of state with my mom and had a little separation anxiety from my dad. Between trips back to Michigan, I started to get used to the cool buildings and I heard a lot of cool stuff on the radio. I moved back up here, by that time my dad was in Rochester, so I ended up going to school at Rochester High School and graduated in 1988. Then I went to Central Michigan University, until 1993.

**313Now:** How did you end up working at WDRQ?

**LARGE:** That's a long story. In this business, when you start out, people tell you that you never know who you're going to run into on your way up the ladder, as well as on your way down. I was blessed enough that once I was finished with college, I had a chance to work at 96.3 Jamz, and I got a chance to work with Rick Gillette, and Lisa Lisa for the first time. After I left there I had a chance to work Up North for awhile. In the mean time I was meeting people through people and I finally met Alex, the program director for WDRQ. He had heard some of my work from

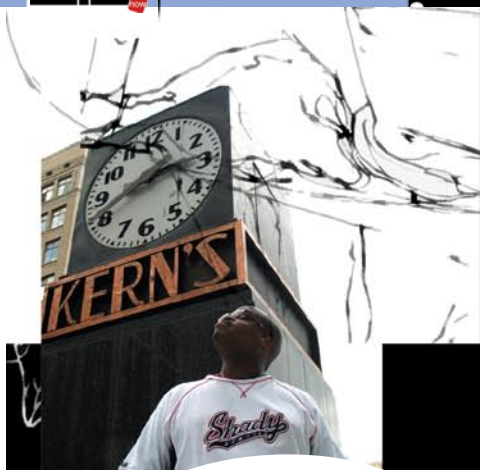
Traverse City and asked me to come down to the studio to give a shot out and have some fun. We clicked and eventually I started working weekends.

**313Now:** Do you have any stage or theater training?

**LARGE:** Well, I'm a real good liar (laugh) and I can be very, very inventive, but no stage or theater training. There really isn't any training you can do to fully understand this job except for maybe the technical aspect, but for the real air personality, you just have to get out there and do it. There were many times in my life where I was struggling, eating ramen noodles every day, but now I've been blessed and have even worked in three of the top markets — once in Dallas and twice here in Detroit.

**313Now:** How do you get out there every week and get yourself involved in Detroit?

**LARGE:** The radio station is very active in the city,



LARGE





## INTERVIEW

we get out there. In Pontiac alone we are there three to four nights a week. Whenever we go out we have a camera man and our promotions people are great. We just love to show the city a good time. We look for beautiful girls and fun people doing their own thing and we pull them in. People look at that and wish they had been at that party.

**313Now:** *What do you like the most about Detroit nightlife?*

**LARGE:** The city itself is very blue collar, so we work hard and we play hard. Our people know how to go out and have a good time. The guys go out to meet the ladies: the ladies go out to meet the guys. If you want to go out to hear good music and get a buzz, but you don't want to get ripped off at the same time — Detroit is real. The nightlife is real and the people are real. Any bar you go into, the bartender is different, the people are different, but they're all real. That's what I like the most about Detroit nightlife.

**313Now:** *What's the most enjoyable part of your job?*

**LARGE:** The best part is when someone comes up to me or calls me to tell me they heard me on the radio and something I said made them laugh, or made their drive home a little better. I just like to think that if someone is driving along and they're having a bad day, that my music makes them feel good. That's what I like about my job is making people happy and entertaining them. For example, there was a guy from Detroit who went out to Los Angeles to watch *American Idol*, and everyone knows I'm a huge *Idol* fan. The only thing he could think about while watching the show was 'I wonder what Man @ Large is doing on the radio right now?' When he got back I was the first person he called. He said he would have given anything to hear what I was doing right then on the radio. That guy left Detroit, went to L.A., and the only thing he could think about was how badly I was tripping over what was happening on *American Idol*. That's what I love about my job.

**313Now:** *What are some of your pet peeves when people call into the station?*

**LARGE:** My worst pet peeve is when my friends call ... (laugh) — they're just like, 'what are you doing?' 'What do you think I'm doing, I'm on the radio man!' Another thing is shout-outs. I'm probably going to get in trouble for saying this, but for example: 'Hi my name is Becky and I'd like to give a shout out to five people who probably aren't listening anyway!' These people need to say something funny or interesting; my listeners don't even know who your five friends are. You want a shout out? 'AHHHHHHHHHHHHH!' I just shouted at you! Another one is people who aren't patient. For example, people who call every five minutes to hear their song. I will play it, I promise!

**313Now:** *Where do you see your career going in the future?*



**LARGE:** Well I have a lot of really cool people I get to look up to. Alex Tear is a great teacher and a great mentor: he gave me a great opportunity to work here. Another mentor of mine is Rick Gillette, he has helped me a lot. They have inspired me to one day be the program director, I've had a chance to be assistant program director a few times, but I want to be the guy calling the shots. I want to be the guy behind the sound of the radio station. I want to be the guy who's in charge of the logo. I want to be the guy calling up my D.J.'s saying, "What the heck did you just say on the radio?" After that I'd like to get into teaching. The schools have the technology and can teach you to be an on-air personality, but none of the classes teach you how to actually be on the air. You need to be prepared to live the life of a D.J. ●●●





S

TIFFANY HARRIS

urrounded by the world-famous bars and casinos in the moonlight district of downtown Windsor, a new concept in nightlife begins its legacy. With a second floor view of Windsor's legendary Ouellette Avenue, 29 Park sits high above the rest. After two long years of shopping for a venue, a lease was signed and the owners applied their vision to the space at 29 Park St. A four month renovation period was followed by a ten month quest for a liquor license. In June of 2003, the four owners: Mike Sassine, Henry Sassine, Rob Sassine and Eric McDonald began their adventure into nightclub management. "We've wanted to do this for five years and it finally came together," said Henry.

After teaming up with club promoter Ron Clarke and sending out over 100 invitations to law firms, hair salons, and restaurants, the grand opening was a huge success. The clientele has only continued to grow and the club's one year anniversary this past June was just as grand as opening weekend. Although 29 Park is located in Canada where the drinking age is nineteen, you'll only find a mature crowd, with the average age ranging from 25-35.

On Friday and Saturday nights the line of beautiful faces wraps around the building, extending from Park St. on to Ouellette Ave. The doormen are polite and professional, regardless of whether or not you're on the list. Ascending the stairway to this second level setting, you're greeted with a smile and a handshake from one of 29 Park's well-groomed bouncers. Customer service is a top priority for the owners of 29 Park and it shows as soon as you enter the club. Cigarettes rarely go unlit and fresh beverages are served in a timely manner. Should you order a bottle of the clubs' finest champagne, ranging from Dom Perignon to Cristal, fresh strawberries will accompany your purchase. During the colder months, friendly greeters roam the room ready to check your coat. It's refreshing to begin your night without having to stand in yet another line just to hang your jacket. "Our staff is the most important part of our success," said Henry. "We really look for great personalities."

## 29 PARK – THE HIGH-END SUCCESS THAT OVERLOOKS WINDSOR



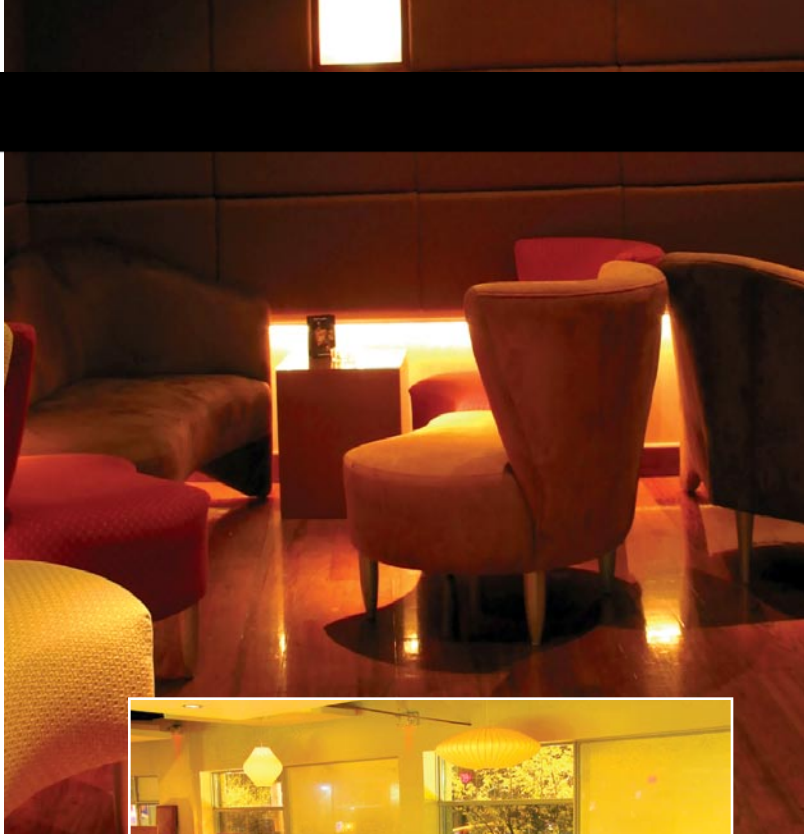
29 Park was designed with the guests in mind. Both bar tops are made of birch wood and pin-size lights are set in the wood to illuminate your way around the venue. A large, L-shaped bar offers service throughout the main room and a smaller, more private bar, services the lounge and fireplace area. Brazilian cherry, hardwood floors, suede couches and flat-screen monitors contribute to the luxurious atmosphere. Knowing that restrooms



receive plenty of traffic, the owners sprang for a nice loveseat in the ladies room allowing you to get comfortable while you wait. Windows line two of the four walls in the main room, giving a breathtaking view of Windsor and the Detroit skyline. A large V.I.P. booth, accommodating up to 25 people, sits in the corner above the dance floor, allowing you to get the best view of who's who. Just past the main bar lies another elevated seating area containing eight leather couches and enough room for champagne and full-bottle service. The booths can be reserved for private parties or simply a romantic night out on the town. No matter where you sit, you can be sure you will receive first-class service and enjoy the lights of the city.

During an average week, Henry and Rob spend 50 or more hours preparing for Friday and Saturday night. "There's a lot of maintenance to be done and cleanliness is imperative," said Rob. "No one wants to party in a dirty club, especially when they're all dressed up," he added. When the weekend arrives, the partners spend much of their time mingling with guests to keep tabs on customer service and make sure that everyone has a good time. Rob assured me that all the liquors are premium and that the staff at 29 Park serves only the best. "We have frequent requests for bottle service and we serve quite a bit of champagne," said Rob.

29 Park is also fit to equip parties and events. The spacious main room can accommodate seating for groups of any size including business luncheons and corporate parties. The club is open every Thursday, Friday and Saturday night from 9 p.m. until 3 a.m. With most bars in the local area closing at 2 a.m., 29 Park



stands out, or should I say stays out, above the rest. Although the staff serves cocktails only until 2 a.m., the music keeps pumping and the dancing continues through the night. The owners want to make sure that everyone gets home safely, so to help, they serve sandwiches every morning around 1 a.m. and offer a complimentary bottled water as you exit the club.

With the largest selection of premium liquors in Windsor, friendly staff, and attractive clientele, you can't go wrong with 29 Park. Exceptional service and a sophisticated atmosphere are attributes that they will keep consistent for their new location opening in London, Ontario. For more information on 29 Park, visit their website at [29park.com](http://29park.com).

*For reservations call 519-254-1767.*





## Bare Essentials


The only thing you need to wear

Photography by Scott Sprague  
Hair & Makeup: Harmonie Yoder at  
Bianchi's  
Stylist: Lauren Copp

1.56 carat diamond necklace in 14k  
white gold – retail \$4,235  
1.05 carat diamond earrings in 18 k  
white gold – retail \$3,028  
Metals in Time – Royal Oak







Sterling silver, heart-toggle necklace  
by Scott Kay (diamonds .12 carat –  
TW) – \$1,350  
Matching bracelet (diamonds .12 carat  
– TW) – \$1,100  
Lucido Fine Jewelry – Sterling Heights





Aquamarine and smoky quartz  
necklace in 22k gold by Laura  
Gibson – \$7,150  
Matching earrings – \$875  
Jules R. Schubot – Troy





José Gilbert leather and diamond  
bracelets in 14k white gold  
Black .56 carat – retail \$3,150  
Hot pink .50 carat – retail \$1,725  
Fredrick Jewelers – Bloomfield Hills  
Mastercraft Jewelers – Livonia  
Malooof Jewelry & Gifts – St. Clair  
Shores



WE all know that babies will quit crying when they're held and that we always feel better after a good hug — human touch can alter your overall well being. Until recently, touch had never been fully explored, but now art forms, such as massage, are being examined for their medical uses and the benefits are becoming matters of scientific study. "Massage is becoming mainstream science," said Sara Rozell, spa and wellness director at Aura in Farmington Hills.

Massage is quickly becoming a viable form of medical treatment for many people suffering a broad range of illnesses. Hospitals, such as Henry Ford, are incorporating it into their treatment centers. "There are definitely benefits to regular massage," said Medical Director of Complementary Alternative Medicine, Dr. Michael D. Seidman. "From a medical standpoint there have been some very good studies demonstrating the effect on overall well being." Some insurance companies are even covering massage as a preventative form of health care or as a form of physical therapy.

Although most people see massage as a simple stress-reliever, it has benefits for some very specific disorders as well, such as headaches, poor circulation and chronic back pain. "Massage is not just to release stress. It can help you find out where you're holding your stress," said Massage Therapist Karen Young, who runs a business from her home in Washington Township. "By getting the massage and figuring this out, you can actually pay more attention to how you're holding yourself." Young, who has been practicing massage therapy for two years, realized that massage was her calling after she took a trip to a therapist and realized that she could help people feel wonderful — but even she was surprised at the amount of health benefits her clients have had. "I got into this to make people feel good and it has amazed me how people feel," she said. "It's just awesome." And part of making people happy is reducing the stress in their lives. We've all heard how stress is a killer — it drives up our blood pressure, gives us ulcers and

## MASSAGE THERAPY

A RISING TREND IN PREVENTATIVE MEDICINE



generally makes us miserable. "Massage decreases stress," said Rozell. "It helps release the toxins out of the tight-tissue muscle. It increases oxygen levels. It promotes balance on all levels. It will help you be in a relaxed state of mind, like you have no worries." Decreasing stress helps to fight fatigue as well. "A good massage is when you get off the table and you feel like you're in la-la land, but about an hour later, you want to do your spring cleaning and you feel great," said Young.

The main preventative, medical benefit of massage is that it increases and aids in blood flow. Blood flows through every part of your body, bringing oxygen and nutrients to vital organs. When muscles are restricted, the blood flow is blocked. When muscles get tight, they often start building up lactic acid, a toxin. Although lactic acid isn't necessarily harmful, a massage can help release it from your system. Increasing circulation has benefits for those suffering from stiff joints or arthritic conditions as well. "Massage increases circulation to the hands and a lot of times it will make [patients] hands' feel like new," said Rozell.

Another health benefit of massage is the increase in range of motion. Lengthening muscles and ligaments can help decrease the chance of a pulled or strained muscle. This knowledge has been applied in sports for years (many teams have a massage therapist on staff) and is now becoming part of the mainstream for those who may not be professional athletes, but work out regularly or play for fun. "It can reduce injury," said Seidman. "If you stretch out a muscle appropriately and you work on that muscle appropriately, it can help with performance and function of the muscle." As mentioned before, headaches are a major problem for



many over-worked, over-stressed people today. Aside from stress, they are also brought on by poor heating habits and bad posture — mainly caused by hunching over a desk when working on a computer. “A lot of headaches are tension related, so if you can reduce tension, which certainly massage can, it can help with that,” said Seidman. “Muscles attach from your neck and shoulders to the back of your head and many of those muscles are under stress or strain.” According to Rozell, some patients have seen their headaches disappear from receiving consistent massages — especially those afflicted with migraines.

Along with the concept of relieving headaches and migraines, the benefits of massage are not restricted to the body area, but also extend to parts of the head. Many people suffer from TMJ, which stands for temporomandibular joint, a condition that affects the jaw. Those who have this condition usually have tight jaw muscles that can be painful and can cause headaches if not treated. Although massage cannot heal this condition, it can be a great relief to those who have it. Sinuses can also be relieved by facial massage — another instigator of headaches. “Massage releases sinus congestion,” said Rozell. “A lot of people come off of the table and feel like all the sinuses are clearing out of their body — that is the toxins.”

Internal organs can benefit from massage as well. A direct massage can be applied to the stomach to help with constipation, an indirect massage, like reflexology, can help with the health of untouchable organs. Reflexology is an ancient art form that maintains that for every



body part, there's a corresponding pressure point mapped out on the hands and feet. For example, many people know that by pushing on the area between the thumb and forefinger you can alleviate a headache, or by pressing on your wrist you can subdue nausea. “There is something to it, and just because we don't understand it as allopathic or osteopathic physicians, doesn't necessarily make it wrong, quackery or voodoo,” said Seidman. “It just means we're not smart enough to understand it at this point.”

Reflexology is just one of a host of massage techniques used by therapists. There's sports massage, Rolfing, Ashiatsu, Thai, deep tissue, Swedish and hot stone.

Your therapist may decide to use any number of these depending on your condition. And, like using the right technique, finding the right therapist is an important part of massage. Although there are no licenses required in the state of Michigan, most therapists recommend you see a certified massage therapist. “It's very important to find someone who's certified. They need to know

what they're doing. Would you go to a doctor or a nurse that's not certified?” said Young. According to Rozell, not only will you probably feel more comfortable with someone who's attended massage school, you'll be safer too. “The more hours that a person has in school, the more educated they are about muscles, about muscle therapy and massage therapy,” she said. “They could damage you if they weren't educated correctly.”

Once you've chosen a therapist you have to be willing to communicate just like you would with your physician. A good therapist will encourage this type of dialogue. “You need to be verbal,” said Young. “You're paying for it. You're not going to hurt their feelings.”

Massage, like any other form of medical treatment, works best when done consistently and for specific aches and pains, when combined with a doctor's knowing gaze. Seidman suggested that it's always a good idea to consult your doctor before trying any type of homeopathic therapy. A doctor can help you investigate the cause of your suffering and rule out any potentially troublesome diseases or disorders. “It behooves you to have a good psychical examination and to be seen by your physician before you delve into any kind of new-health adventure,” said Seidman. For instance, people who are in their first 13 weeks of pregnancy, on blood thinners, have high blood pressure or non-terminal cancer, should not seek massage therapy.

Although massage can be expensive, anywhere from \$50 to \$120 for an hour, an effort must be made to be consistent with your care. People who go sporadically are less likely to see any lasting, beneficial results. “If they have a lot of stress, that's going to show in their muscles and they should get a massage once a week for however long that stress lasts,” said Rozell. “I usually recommend once a week for six weeks and then, for maintenance, once every two to three weeks. And a lot of people can't afford that, so I'll say, ‘Well you can afford to take care of yourself 12 times out of 365 days.’”

There are very few things in the world that actually feel good and are good for you. So take some time for yourself and get a massage — you'll feel better and you'll be healthier. After all, you can't put a price on good health. ■■■

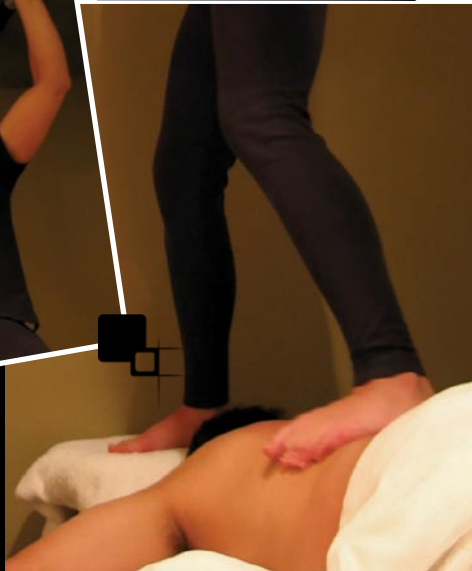






photo: sspraguephoto.com



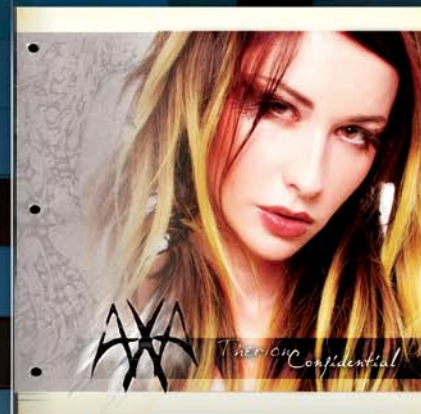
Current lineup



Insight Magazine - spring '04 - cover

## Adisa Cizmic - AXA

Known to us as our cover model for our spring issue, Adisa Cizmic is known as AXA all over the world. Born in Bosnia, Adisa has brought her heavy metal band, AXA ([www.theaxa.com](http://www.theaxa.com)), to the U.S. The band features Adisa as the lead singer and occasional song writer, her husband, Haris Cizmic; guitarist, keyboardist and song writer, as well as three other members-Nermin, Bret and Mika. AXA recently signed with Statue Records, based in L.A., and is well known in Bosnian magazines and T.V. shows. They have even earned themselves a spot in the Bosnian *History of Rock* book. Adisa is not only lead singer of AXA and a model here in America, she is also an architect and student. While finishing school for the completion of her degree in architecture, Adisa works at Robert Lipka Architects, R.L.A. She is currently enrolled at Macomb Community College and plans to transfer to Lawrence Tech. Adisa admits that, with all of her talents, her passion is music, "Nothing compares to that feeling on stage. It's like a power when you perform. I like to show who I am and music gives you that, you're true out there. Music is running through my veins, it's like stepping to a different level." Adisa credits a lot of her success to her husband Haris who is not only directly involved with the band, but also does all the work on the business end of things. Haris, much like Adisa, has many interests and talents that he fulfills with a multitude of other jobs. The two make quite a team and are very successful in bringing AXA to the next level by continuing to work on new material.



CD cover



From European music video



New Religion dress from House of Chants

Modelling and Rock Music - AXA





Amy & Sandra at 29 Park



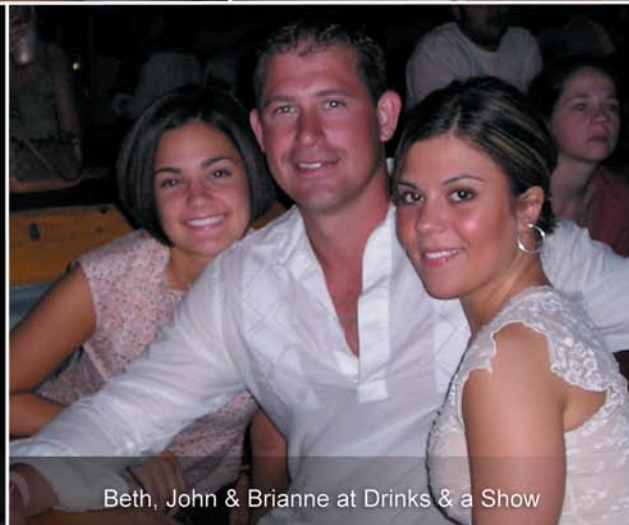
Rino & Kristina at Figo



Kristy & Rich at Blue Martini



Sara Stokes at 29 Park



Beth, John & Brianne at Drinks & a Show



Natalie & DJ Shortstop at Tonic



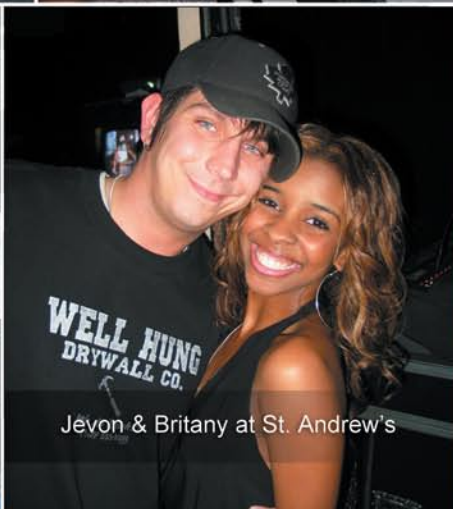
Alli & Ammera at Beach Grill



Kim, Ralph & Tammy at Dolce Moda



DJ Don Q at X/S

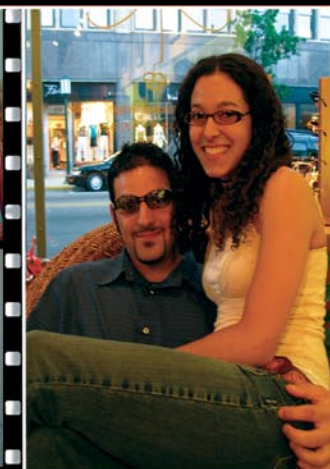


Jevon & Britany at St. Andrew's



Diane, Chris, Christina & Jennifer at Envoy





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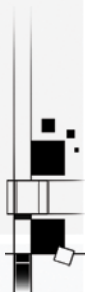
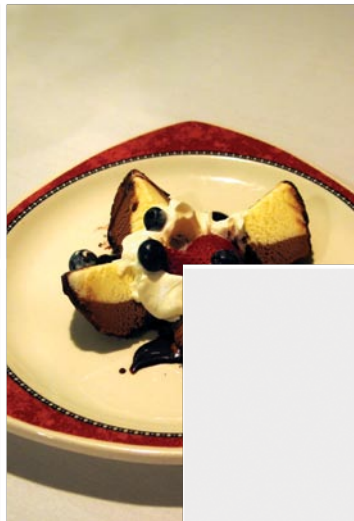
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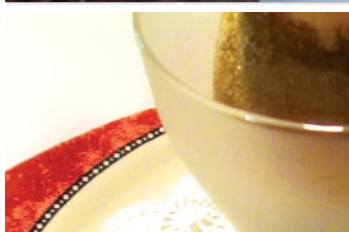
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An Authentic Adventure



You'd be hard pressed to find a more extensive menu than the one featured at Mezzaluna Ristorante Italiano, located in Sterling Heights. With over 70 entrees, 16 appetizers and a long list of daily specials, a diner could pour over this extensive catalogue for hours. A recent trip to Mezzaluna's left my co-diners and I doing just that, before we fell into the leisurely rhythm of a hearty European meal.

## Mezzaluna Ristorante



Owned and operated by husband and wife Zarko and Dena Palushaj, along with Dena's father, Nick Gojcaj, Mezzaluna retains the warmth of a family-run business without foregoing the sophistication required for fine dining. The sumptuous entryway sets the mood for elegance. Muted tones and plush chairs are punctuated by

a large reception desk posed in front of a hand-painted mural. The carpeted floor and textured walls extend into the main dining area. The main bar is settled in its own room complete with large leather chairs and a wide selection of cigars. Live music is presented five nights a week by one of their acclaimed performers. Shuttered windows, soft candlelight and crisp white tablecloths allow romance to prevail. In addition to the main dining area and bar, Mezzaluna houses a banquet room that serves up to 60 people. The restaurant also hosts a wine party every few months, which features a fixed-priced, five-course meal and the traditional crushing of the grapes, "Just like old times," said Zarko.

Upon being seated, an assistant whisked our napkins onto our laps and bread and oil were placed before us. Our server arrived to deliver a friendly greeting, explained the ingredients of the olive oil dipping sauce and pointed out that our basket of breads were all house made. He was also helpful in steering us through the menu. Although I was wary when he told us, "There's really nothing bad," the food lived up to his claim.

After each of us ordered a glass of wine (an extensive wine list offered bottles priced from \$19-\$200), house recommended of course, we perused the *antipasti* (appetizer) list, from which our server recommended the *gamberi alla cremosi*. The dish was comprised of breaded jumbo shrimp sautéed in a lemon cream sauce with garlic, but we decide on the *antipasto italiano* instead because it featured a little bit of everything. The large platter arrived looking splendid; fresh mozzarella, layered with slices of tomato and fresh basil, house-roasted red peppers



settled atop a mound of olives, rolls of ham, rounds of salami, and thinly sliced prosciutto draped over wedges of cantaloupe. The bold, fresh flavors mixed and matched with zest. The other *antipasti* dishes ran the gamut from breaded mozzarella sticks to freshly sautéed little-neck clams, all with a heavy emphasis on seafood. Prices for the *antipasti* dishes ranged from \$7.95-\$12.95.

Next, we ordered soup or salad, which came included with every entree. I ordered the minestrone; a steamy tomato broth thickened with beans, vegetable chunks, and beads of pasta. My friends both had garden salads dressed in the house dressing, which was a creamy balsamic. When we finished, our server returned with a table comber to groom our progressively messy spread. Then came the hard part: deciding on a main course. A menu so large could not be restricted to just the usual pastas. Mezzaluna offers a generous array of chicken, veal, steak, fish and seafood in addition to the traditional Italian recipes. Entrees ranged in price from \$12.95, for some of the simpler spaghettis, to \$25.95 for a 16-oz cut of

background in the food industry. Albanian by birth, Zarko studied hotel and restaurant management in Europe before moving overseas. "I came into the country at 18," said Zarko. "[Working in restaurants] is all I did. They tell me to paint, I can't. I can only cook chicken." Zarko worked at several Italian restaurants in New York's Westchester County before moving to Michigan and opening Mezzaluna. He chose the name based on its dual meanings; literally, "mezzaluna" translates to "half moon," in Italian, (a definition reflected in the shadowy lighting) and it is also the name of a curved, double-handled knife once used to chop herbs.

When asked about his intent behind the enterprise, Zarko — who had a hand in everything from the menu to the décor — replied, "I'm trying for fine dining, but not too high. I'm trying to give people options ... We have something for everybody." The other, perhaps more



veal. Since I was in the mood for fish, our server suggested the *salmon del orto*, which turned out to be an excellent recommendation. Garnished with a lemon wheel, asparagus, capers and artichokes, the salmon was cooked to perfection and was both mouthwatering and moist. A stream of delicately-seasoned lemon butter added zest to the flavorful fish. One of my co-diners ordered the gnocchi with palomino sauce, which she raved about. The bright pink mixture of marinara and Alfredo sauces was tasty, but filling after so many courses. My other friend had the filet di manzo, a steak served with a tangy, zip-butter sauce, which he used to spread on his bread as well. The filet came with a side of spinach and a potato croquet; a lightly-breaded, fried roll of mashed potatoes mixed with assagio and Parmesan cheeses, diced salami and prosciutto. A side of pasta also accompanied all meat and seafood entrees.

No meal would be complete without dessert, and although we were taking the rest of our meals home with us, we still found room for a few more bites. The peach sorbet came in a sugar-frosted fruit shell that was delectably sweet. The *tartufo*, a two-toned *gelato* (Italian ice cream), tasted like creamy chocolate-dipped hazelnut, but felt light enough to enjoy after such a rich meal. The other desserts included tiramisu, made from scratch, crème brulee, two types of cheesecake, *toscanella* (layers of puff pastry topped with cream) and various *gelati* and sorbets.

Mezzaluna has been open for three years, but the food and service is so good, one might expect that it's been around for ages. Much of the restaurant's success is due to Zarko's extensive

subtle, element at work is having a staff that functions as a team. "My main thing is working together," said Zarko. "Everybody for one, it doesn't matter whose table. The customers are everybody's, not just one server's ... One day I'm a cook, one day a server, one day a bartender, one day a busboy." Upon hearing this, I realized that Zarko's passion for variety infuses all aspects of Mezzaluna, so long as his guests are happy. Just taking another look at the mammoth menu confirms it.



Mezzaluna is open for lunch and dinner Tuesday through Sunday. The restaurant is located at 7750 E. Metro Parkway. Reservations are accepted by calling (586) 268-7100. For more information, visit [www.mezzalunaristorante.com](http://www.mezzalunaristorante.com).





## COSMETIC DENTISTRY — A WISE PROFESSION



ollywood stars have been using cosmetic dentistry for over a decade. Now, thanks to reality TV shows like *Extreme Makeover* and *The Swan*, cosmetic dentistry is becoming more popular among the mainstream, but why all the fuss? Well a good smile is worth a thousand words. Unlike orthodontics, where braces and headgear forcibly shift teeth into place, cosmetic dentistry relies on

aesthetic devices to mask deformities. Usually, the operations don't require a single incision. When done well, they can knock ten to fifteen years off one's appearance. The trick is to finding a qualified dentist. Because it's a relatively new field, most dental schools don't teach cosmetic procedures. Many of the best specialists operate in California where the demand for an Oscar-worthy smile is high.

But Metro Detroiters are in luck — Dr. Ara Nazarian, D.D.S.

is one of the country's leading cosmetic dentists and is based out of Troy just off of East Big Beaver Road. He is the only dentist in Michigan to have received the Excellence in Dentistry Award. Dr. Nazarian lectures nationwide on new cosmetic developments and has written extensively for professional dental journals. He works frequently with professional athletes and is the dentist for the entire Detroit Fury team. Photos of his work are also used in a common set of educational videos. Dr. Nazarian fell into the field of dentistry in college and eventually landed into cosmetic dentistry. He knew he wanted to be a doctor, but hoped to find an outlet for his artistic capabilities. His father's friend, a gynecologist, suggested plastic surgery or dentistry, but conceded that dentists work better hours. Dr. Nazarian took his advice. "I researched it and sure enough, I liked it. I like working with my hands, I like dealing with people, I like the profession, I'd like to be a doctor — I'm the first doctor in my whole family — and that's how I got into it." After earning his degree from the University

of Detroit-Mercy School of Dentistry, Dr. Nazarian performed his residency in San Diego. There, Dr. Nazarian studied new cosmetic developments with the industry's pioneers, which led him to his current field of work. "I was sort of enlightened by some of the big cosmetic guys who are in California," said Dr. Nazarian. "I was able to moonlight and see what some of those guys were doing." Eventually, Dr. Nazarian brought these techniques to Michigan. For most people, said Dr. Nazarian, cosmetic dentistry isn't a necessity. It can, however, be a life-enhancing experience. Dr. Nazarian explained that when people speak to one another, the first place they focus is the eyes. When that becomes tiresome, they naturally look to where the sound is coming from: the mouth. Improving a person's smile can transform the way he or she is perceived.

The most common procedure Dr. Nazarian uses is installing veneers. These thin pieces of heavy-duty porcelain are affixed to the front of the teeth to alter the appearance of chips, crookedness and discoloration. They can also eliminate spaces between teeth. "This is what we call instant orthodontics," explained Dr. Nazarian.

Studies show that veneers can last up to 15 years, and possibly longer, depending on the porcelain's quality. "There are at least 12 different types of porcelains that are out there," said Dr. Nazarian. "Because I lecture on it, and I'm also on the Dental Advisory, I get to test different things." Dr. Nazarian uses a product called Empress. The material glows like a natural tooth, changing in translucency from root to tip. Veneers can be installed in just two visits. First, Dr. Nazarian lightly files the teeth and casts an impression. He then shows the client a 3-dimensional, diagnostic wax-up of what their new teeth will look like. "This way, the patient can see what I think perfect teeth look like and I can see what they think perfect teeth look like. It's a communication tool." On the return visit, Dr. Nazarian bonds the veneers to the teeth with resin cement. These quickie results don't come cheap — Dr. Nazarian charges \$995 per tooth — but private companies offer interest-free payment plans that allow clients to pay off this debt over time. Other procedures Dr. Nazarian performs include crowns and bridges,





ceramic inlays and onlays, gum contouring, mini dental implants, dentures, six-month braces and TMJ disorder treatment. The right combination can produce what Dr. Nazarian calls a “scalpel-free face lift.” “People think that cosmetic dentistry just has to do with the teeth,” said Dr. Nazarian, “but by changing the size, shape, color and texture of the teeth, you can actually make someone look younger. The beauty with this is the [tooth] is a hard structure: it’s not going to droop over time like cosmetic surgery. This is gonna stay with them.”

After sorting through a hefty binder of before and after pictures of patients, Dr. Nazarian remarked, “What I tell people is the eyes don’t lie.” He pointed out that in the before pictures, people’s smiles seemed coerced, forced. The after pictures told a different story. “They sort of have that glow in their eye,” said Dr. Nazarian. “And it’s not like we’re tickling ‘em or pinching ‘em; they feel more confident. By enhancing people’s smiles, we really change their lives — I think.” The most remarkable set of photos showed a middle-aged man who hadn’t been to the dentist in 25 years. “If you take a look at his mouth, his bite was a little off, he had a lot of cavities and some teeth were broken at the gum line,” said Dr. Nazarian. “He told us he would call our office and hang up, he was so scared.” The after picture showed the client’s mouth completely restored. Among other grinning faces in the book were executives from General Motors and Chrysler and Dr. Nazarian’s 76-year-old father. There were also wedding photos from a client who invited the dentist to attend his marriage ceremony. Like his father’s friend had told him years ago, dentistry does have its perks. It’s nice knowing that patients are actively coming to see him, Dr. Nazarian said, rather than being there out of necessity. Also, the job elicits less stress than cosmetic surgery, but delivers equally pleasing results.

Dr. Nazarian admitted that one of the best parts is that his schedule allows him to have his own hours, allowing him to spend time with his family; his wife, Marzena whom he met in dental school, and their two sons, 1-year-old Alex and 6-year-old Daniel. “I attribute a lot of my success to my wife,” said Dr. Nazarian. Mrs. Nazarian works as her husband’s assistant, running his business and administrative duties. “She’s not only my foundation, but she’s my strength. She’s really helped me get here and to build my confidence.”

Dr. Nazarian suggested that medical students curious about cosmetic dentistry should shadow someone at work. And those seeking a cosmetic dentist should ask a few important questions first: Does the dentist lecture? Is he published? And can you see a book of his work? “I’d say 65 percent of our dentistry is redoing what other dentists sort of didn’t do to meet the expectations of the patients,” said Dr. Nazarian. Even if a dentist is a member of the American Academy of Cosmetic Dentistry — which Dr. Nazarian is — prospective clients should be cautious. Almost anyone can become a member by paying a fee. Dr. Nazarian said that sometimes clients are wary of his young age; but quality, he cautioned, is a matter of experience, not years. A dentist who’s been practicing for 25 years, but doesn’t go to continuing educational seminars to update himself with the newest trends is “just doing one year’s experience 25 times,” he said. By continuing to publish and lecture, Dr. Nazarian stays ahead of his game. And his work can speak for itself. “The best referral is by mouth,” said Dr. Nazarian and his book of smiling faces says it all.



RONIT FELDMAN



# F

or DJ and producer Chuck Daniels, music has always been in his life. Growing up, video games and sports didn't appeal to Daniels — music did. "I defiantly have music in my blood," replied Daniels when asked how he got started. Growing up surrounded by music, it was destiny that a friend asked him to start playing at local events. Since then, Daniels has been

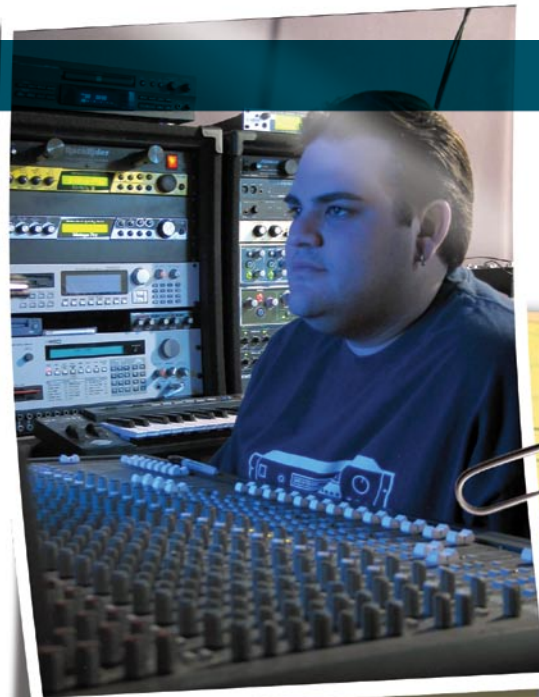
a DJ for almost 16 years and, in 1998, began building his studio to focus more on music production. Over the years, his sets have evolved into a culmination of deep-funky Chicago house and techno. "Even though I make primarily house music and some down tempo stuff, everything has inspired me anywhere from classic rock to Latin, reggae, disco — pretty much anything can be an inspiration to me." His range of musical interests has not only helped him produce music, it has also helped him appeal to any crowd he is faced with.



"One thing a DJ is supposed to do is to read the crowd and see what they are feeling .... I play like that as well ... vibe off the crowd and see what they're digging whether it be deeper, funkier, more heavy, hard ... so that's really how I play." Daniels has played all over the Detroit area holding residencies at Motor, Temple and Metro Music Café. He has traveled to Toronto, Miami and Chicago and has plans to go overseas. He has already been recognized on play lists

all over the world from the United Kingdom to Australia. Daniels is currently featured in a mix done by DJ Heather that has appeared on the cover of *DJ Magazine* and is in high demand on multiple websites for his music downloads. This man of many musical talents dabbles with instruments, sings, and has his own record label, Sampled.

"Even before I started making music, I was always interested in audio gear ... so I've been collecting and building my studio for the past five to six years." Music production is Daniels' current focus with his newest release, *Funky Flarnum*, featuring three new tracks: *Funky Flarnum*, *Funky Flardub* and *Latin Trip*. Daniels' second Sampled EP is set to be released sometime this year as well as a remix project he is working on with DJ Sneak.



To purchase his music visit  
[www.digibag.com](http://www.digibag.com)

Daniels can be reached via email at:  
[sampledrecordings@hotmail.com](mailto:sampledrecordings@hotmail.com)



The new Saab 9.3 Aero convertible comes with a slightly higher price tag than the standard convertible, and deservedly

so. With a turbocharged motor, sport suspension, front and rear spoilers, side skirts, a rear bumper skirt, 17-inch rims, and metallic-finished interior trim why not spring for the extra \$2,500 worth of amenities?

Our friends at Saab of Troy put us behind the wheel of the new 9.3. On the inside, the Saab maintains its appeal even with the top up. No exposed convertible hardware or lack-of-luster styling here. The interior feels much like a coupe with the plush headliner that matches the upholstery. The Infotainment module, Saab's combined audio



and information system, has controls within reach, but houses the display unit on top of the dash so your eyes don't have to leave the road. Aside from the 13-speaker audio system, Infotainment also monitors the standard instruments, exterior conditions, tire pressure, parking distance and a variety of other variables. At the push of a button, the highly-programmable dash reveals a unique, unfolding cup holder — a design so intriguing that we had to open it again and again. Engineers

also incorporated an electrostatic/carbon-fiber filter to help keep incoming air clean and fresh. Dual climate control, heated seats, a spacious glove box and door valets add to the car's likeability.

While most convertibles are notoriously heavy, the lightweight 9.3 maintains good structural rigidity at a low weight of 3,600 pounds. The 4 cylinder, 2.0 liter, water-cooled turbo kicks out 210 horsepower at a relatively low r.p.m. In addition to producing adequate power, the turbocharged motor allows for a wallet-friendly rating of 28 to 30 miles-per-gallon on the highway. Excellent braking is also part of the package. The 9.3 has vented disks all the way around — 11.81 inches in the front and 11.42 inches in the rear. The ReAxs suspension rounds out the performance by allowing the rear wheels to steer slightly when the car is turning, providing better control when cornering.

Without incident, the 9.3's unique safety features would go unnoticed. The Dyna Cage system provides a heavily reinforced, windshield frame along with pop-up bars behind the rear head restraints that are automatically activated if there risk of rolling over. SAHR (Saab Active Head Restraints) reduce the risk of neck injuries for front seat passengers in rear-end collisions by moving the head restraint up and forward to catch the head. Front airbags and two-stage side airbags are standard on the 9.3 as well.

The list goes on with features such as rain-sensing windshield wipers, heated mirrors and rear window, and a fully automatic, electronically operated convertible top. The CargoSET (Self Expanding Trunk) creates an additional 3 cubic feet of trunk room when the top is raised to cover the car. With overwhelming, practical features, Scandinavian style and a sleek look, the 9.3 has stepped into the ring as a strong contender in the 4-seat convertible, sport-luxury class.



For more information on the 2004 Saab 9.3, visit Saab of Troy, or call 248-205-1333.





Christie & Frankie Bones at Panacea



Mark & Kelly at Tonic



Lauren, Carol & Natasha at Allure



Mike, Patricia & Dave at Emerald Theatre



Kayte & Jeanne at Dolce Moda



Tony & Anette at Blue Martini



Annavita, David, Arta & Steve at Mezzaluna



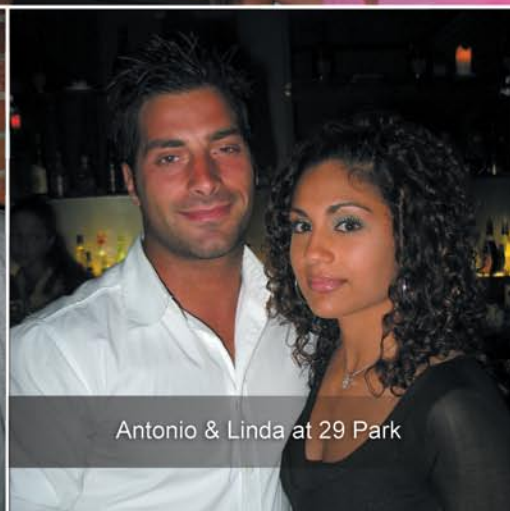
Zayna & Kristina at Beach Grill



Frank, Kelly, Jienelle & Kash at Envy



Kera & JB at Envy



Antonio & Linda at 29 Park





Located in downtown Royal Oak, **6 Salon**, was recently voted 'Salon of the Year' by *Salon News*. *Salon News* is a national magazine that judges salons every year based on the appearance of the salon, how long they've been in business, their staff, what they've invested versus what their revenue is, along with

many other technical aspects. **6 Salon** was entered into the contest by one of the company's that supply their chairs. They didn't even know they won the award until they were contacted about being featured in *Vogue* for their award winning salon. Besides their technical amenities being up to par, **6 Salon** has an award winning team. Brothers George Nikollaj and Johnny Nikollaj along with cousin Tomy Lulgjuraj own **6 Salon** and bring that housewarming touch to the business. "Everybody treats each other like family. You know you can yell and scream at family and 10 minutes later, you're okay with everybody — well that's how it is around here," said George. The salon is also built on a very strong management philosophy, "... plain and simple, don't treat yourself like the owner, treat yourself like one of the workers," said George. It is no wonder this family-owned business has taken off in such a short period of time. **6 Salon** opened in March 2003 with a \$400,000 design investment. They have taken that investment and turned it into a million dollar business. The owners plan to open more salons in their future, each as distinctive as **6**. "Every town that we've thought about putting it in has to have

its own uniqueness ... when our theory was to put it here, it was more because there's so much energy down here," said George. To support this energy, **6** stays open until midnight on Thursdays, accommodating customers with hors d'oeuvres, a live D.J. and cocktails. "If I put a salon somewhere else, it would have to accentuate what the town is all about," said George. Having this perspective, a good staff and fresh attitude makes **6 Salon** the perfect candidate for 'Salon of the Year.'

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...from page 40



\*Trophies were awarded to the top five overall finishers.

\*Plaques were awarded to the winners of Individual Awards.

#### Overall standings

1st place	Matt McCormick – Envy / Tonic
2nd place	Ralph Buckingham – Kahunaville Grand Rapids
3rd place	Shawn Parow – Envy / Dave & Buster's
4th place	Grandpa (Mike Fornier) – Shanahan's Irish Pub
5th place	Chris Parow – Dave & Buster's
6th place	Jay Markley – Tonic
7th place	T. Corbin Owens – Kahunaville Grand Rapids
8th place	Jason Lepla – Tiki Bob's / Club Extreme
9th place	Jason Olson – Crank's 59th Street Pub

#### Individual Awards

Best Speed Round	●●●●●	Matt McCormick
Best Pour Test Round	●●●●●	Matt McCormick
Best Exhibition Round	●●●●●	Shawn Parow
Best Presentation	●●●●●	T. Corbin Owens
Crowd Favorite	●●●●●	Chris Parow
DJ Rickey T Entertainer Award	●●●●●	Matt McCormick
DJ Joey A Quick Hands Award	●●●●●	Ralph Buckingham
93.1 DRQ Catch of the Night	●●●●●	Ralph Buckingham
Insight Sportsmanship Award	●●●●●	T. Corbin Owens

#### Best support group / fan club

Gift certificate from AAA Executive Limousine: 2-way tie

\*Shanahan's Irish Pub

\*Dave & Buster's

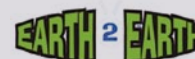
#### Judges

Bill Hitchcock – Tonic Nightclub  
 Mike McClain – Flairco.com  
 Scott Sprague – Scott Sprague Photography  
 Sami Cardella – Roger's Roost  
 Jenna Caruso – *Insight Magazine*  
 Kristy Kurzyniec – *Insight Magazine*



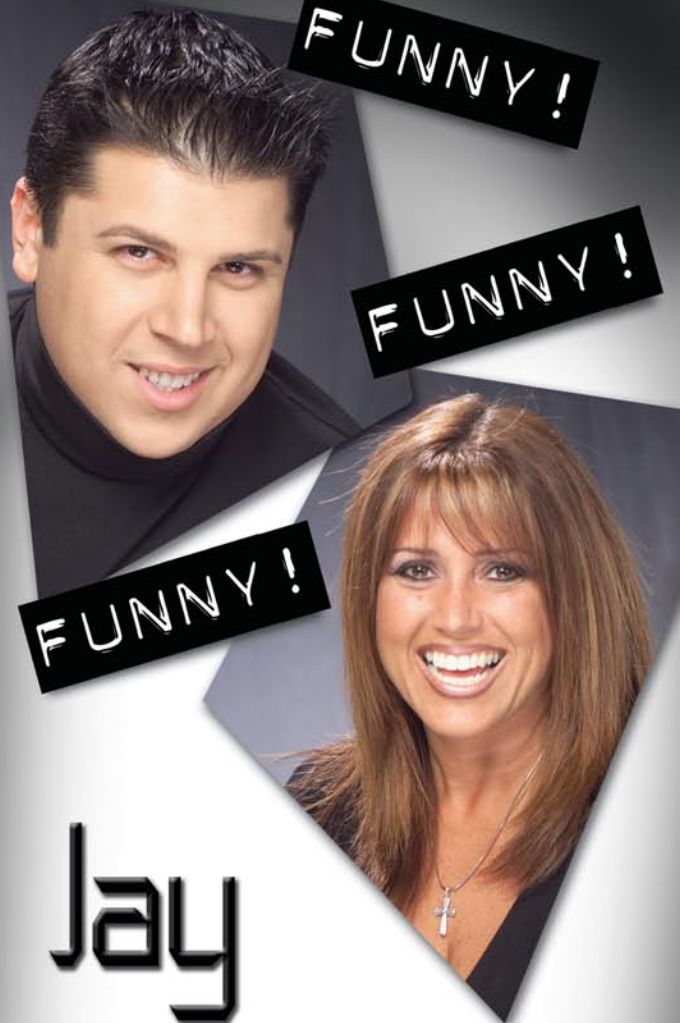
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## DOS AND DON'TS

We recently had a chat with a few friends at the Pontiac Police Department regarding traffic violations. They offered a few tips on what to do and what not to do when you get pulled over...

**DO** — Be polite and respectful. Getting into an argument or calling the police officer a liar is not recommended. Your lack of friendliness will likely be rewarded with additional citations.

**DO** — Stay calm during your conversation and keep your hands where the police can see them. This gives the officer some peace of mind about his personal safety.

**DO** — Be honest in answering the officer's questions. Sneaky or delayed answers only make you appear guiltier.

**DON'T** — Try to flirt, adjust your shirt to show cleavage or hike up your skirt: especially if you're a guy!

**DON'T** — Ask how much the ticket will cost. The officers don't keep up with court fees. Just call the number on the back of the ticket for more information.

Nine out of ten times your attitude with the officer will determine whether or not you will be issued a citation. However, if you're polite with the officer and still receive a ticket, just bite your tongue and go your way. Obeying the traffic laws is everyone's responsibility.



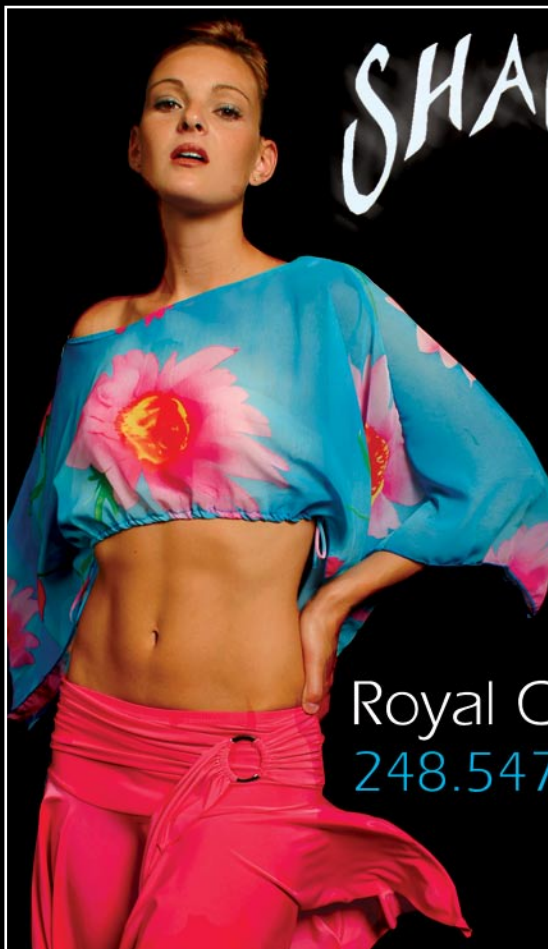
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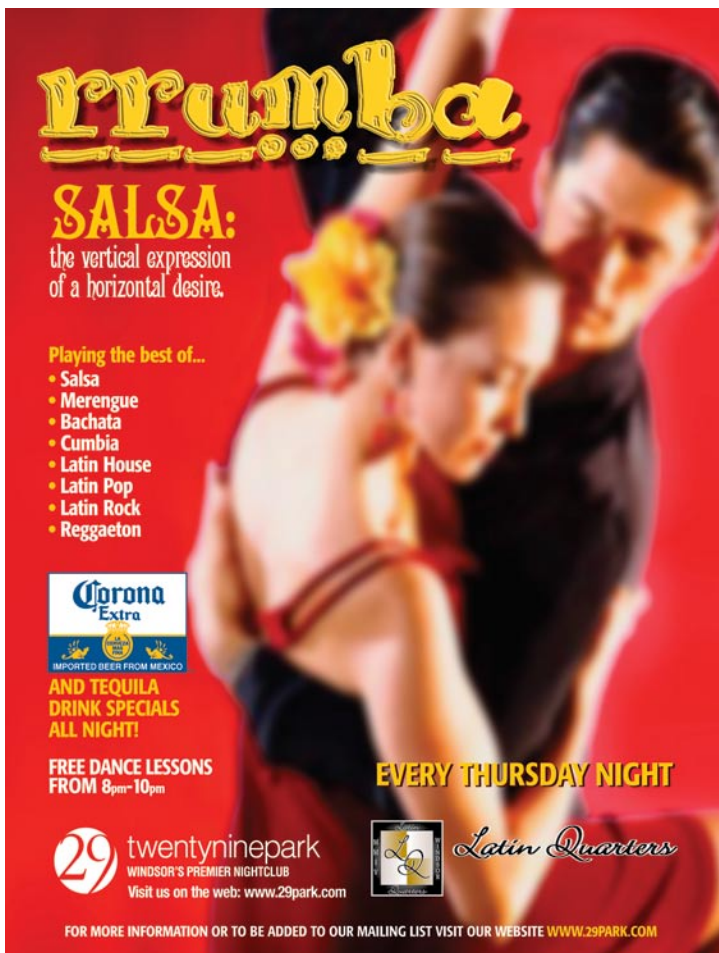
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