

Potpourri

by JULIE CANDLER
Special Writer



I heard about a girl who got locked in the Lotus the other day and wondered if somebody had to break down a door to get her out.

Then I found out that the Lotus is a posture of yoga, an intriguing Eastern world way of life that's becoming upbeat and cool around these parts.

Yoga is so fascinating to Birmingham-Bloomfield area people that 300 of them, jammed the Birmingham Art Center for a program recently. It was the biggest audience to attend any single program in the history of the Bloomfield Art Association, which is headquartered at the Art Center.

While yoga instructor Helen Swan narrated, seven handsome young people in sleek gold and silver costumes demonstrated the crocodile, the swan, the full circle, and the lotus.

All of the postures are means to the yoga end of self-realization. They're healthy and invigorating as a cold shower and not half as wet, if you know how to practice the yoga philosophy and assume the positions without straining anything.

According to BAA's Barbara Brock, if you reach the height of yoga and become a full-fledged yogi, you can operate 24 hours a day without needing sleep.

At the BAA program, Eleanor Hall combined ballet and yoga postures in a performance that was magnificent. Eleanor lives at 895 Worthington, Birmingham, and attends Michigan State University.

As for that girl who was locked in the lotus, I didn't hear the end of the story. She may be walking around in that position yet, for all I know.

WHAT GREATER praise could the folk-singing Peter, Paul and Mary ask than that of Seaholm High School students last week after the trio's performance there.

The consensus of opinion was, "It was tough!" It was a gym jam with standing room only. Every student in the school and quite a few nonstudents stood and cheered former Seaholm student Noel Stookey and his associates. Old friends crowded around and got a warm reception from Noel after one hour and 15 minutes of the trio's sensational singing.

YOU HAVEN'T heard 88 piano keys get a real workout until you've heard Stewart N. Loud and Pat Flowers play a duet. We got the piano-side ear and careful Sunday at the Louds home on Oakland Avenue, Birmingham, and it was great.

Hadn't seen Pat for 20 years, and he doesn't look a day older. Stew Loud and Pat worked out their dueting technique back in the days when the popular pianist was playing at Bakers Bar, Livernois near Eight Mile in Detroit.

Pat was just beginning to draw crowds to hear him play everything from Bach to boogie, especially the latter. Stew Loud's favorite man-on-the-town activity in those days of bachelorhood was to join Pat at the piano. Pat and the audience liked it, too.

Baker's Bar flourished, thanks to the Flowers fans. Now it's the elegant Baker's Keyboard.

Pat plays and sings now at The Chamberlain in Dearborn.

Art Teachers Announce New Classes In Adult Education

Prints, pottery, paintings, and other forms of two- and three-dimensional art—all work of Oakland County public school art teachers who are members of the Oakland Art Education Association—will be shown beginning Monday at Northland Center in Southfield.

The exhibition, assembled by chairman, Roger Matson, Birmingham Junior High art teacher and his committee, will continue through April 13 and will be open to the public during store hours. The shop in which the exhibit is displayed is located in the northeast corner of the shopping center opposite parking lot "D".

Birmingham members of the exhibition committee are Roger Matson, Jerry Schwach and Mrs. Eleanor Smith.

The OAEA group has, for the

past four years, co-sponsored with the Northland Center Chamber of Commerce, a children's show in the geodesic dome. This year's children's exhibit will be May 3 through 15.

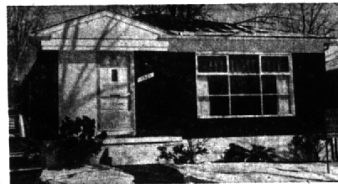
Among the new liberal arts courses are "Appreciation of Modern Theatre," "Political Man," "Symbolic Logic" and the "Problems of Utopia." The latter is a literature course that includes reading and discussion of classical works

on ideal states, from Plato's "Republic" to Orwell's "1984."

TWO NEW business and professional development courses offer students the opportunity to make use of Oakland University's 1620 compute.

In the creative arts the new offerings are "Magazine Article Writing," taught by Dr. William White of Wayne State University; a Franklin resident, and "Designs in Interiors," taught by Bengt L. Swenson, A.I.D., head of Skandia-house Design Associates, located near Maple and Telegraph.

Other course offerings include "Operas of the Metropolitan in Detroit" (The class will attend "Die Meister Sings") and "Shakespeare at Stratford" (Ont.) and "Family Studio in Art for Parent and Child."



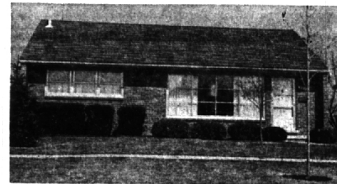
SURPRISE PACKAGE—You'll be amazed and delighted at the sparkling cleanliness of this appealing small ranch. 3 nice bedrooms, superbly modernized kitchen with white formica and new floor, full basement. It's tastefully carpeted throughout and has custom drapes in the living room. **PRICE—JUST \$13,500.**



NEW ARRIVAL—Sparkling white modern ranch set on a rolling corner site and enjoying all the conveniences of water, sewer, gas, and paved roads. Spacious and open living room with fireplace, 3 bedrooms, 2 glistening tile baths, and a full basement with recreation room and enclosed garage. **YOUR ANSWER? \$28,500.**



LOOK TO SPRING—Your view from the major rooms of this impressive bi-level is the rolling fairways of Forest Lake Country Club. There are 3 quiet bedrooms, a relaxing library, 2½ baths, and a huge "ell-shaped" recreation room with second fireplace. Special features include a "work-ease" country kitchen, carpets, drapes, and loads of storage. **NICE! \$36,900.**



HARD TO BEAT—Well tended shrubs and landscaping are just the first indication of the loving care received by this surprisingly spacious brick ranch. 3 twin-size bedrooms, tile bath with double vanity plus an extra lav., and a "woman's-delight" kitchen with yard view breakfast area. Full basement (with a nicely paneled rec. room), patio. **WHY NOT SEE? \$19,500.**

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NOT IN NEW ENGLAND—BUT IN BLOOMFIELD! Real charm in this three bedroom. The greatest "kitchen-family room" you ever saw, with brick floors, paneled walls, fireplace, Bar-B-Q and built-ins. **GUEST HOUSE** down the lane, has one bedroom, living room, kitchen and bath. Near St. Regis school. **\$37,800.**



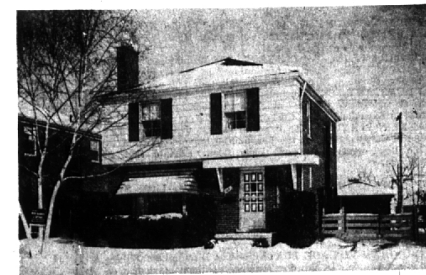
EXTRA TIME FOR YOU—if youngsters can walk to school. This three bedroom is near Barnum and Holy Name. Paneled library. Fireplace in living room. New carpeting. Two car garage. **\$20,250.00**



WISHFULLY WAITING FOR A TRULY FINE HOUSE? Here it is—Bi-Level in Bloomfield Hills near Cranbrook with beautiful ravine at the rear. Four bedrooms, three baths, library and family room with beamed ceiling. Recreation room with bar. Brick Bar-B-Q in deluxe kitchen.



BLOOMFIELD SETTING—BIRMINGHAM SCHOOLS. Four bedrooms. Large family room. Separate dining room. First floor utility room. Immaculate maintenance emphasizes traditional decor. Water, sewer and improved roads. **\$32,900.**



IT'S HARD TO BELIEVE—ONLY \$20,500.00 Three bedrooms, separate dining room, fireplace in living room. Carpeting and draperies. Aluminum siding, garage. Near Commuter, stores and school.

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