

WEST BLOOMFIELD

CITY LIFESTYLE™



The Ladies' Issue

TRAILBLAZING BOXING
MANAGER JACKIE KALLEN

MAY 2024
CITYLIFESTYLE.COM

A Salute to the Women Who Shape Our World



For many of us, Mother's Day is a celebration. For many others, it's a sad reminder of what we've lost along the way. Whether your mom is with us or not, let's take this opportunity to celebrate women's resilience, courage, and perseverance.

Women shape the world we live in, from trailblazing leaders breaking barriers in boardrooms, to unsung heroes making a difference in their communities, to nurturing mothers, devoted daughters, supportive sisters, sensitive spouses and spirited friends. Women enrich our lives with their love, wisdom, and powerful presence. Their influence is profound, their legacy enduring.

Inside this issue, you'll find the inspiring story of a foster mother who created an achingly heartwarming resource for foster children; ideas for a mother-daughter Mother's Day to remember; events featuring celebrated women authors; and a recipe that doubles as an appreciation from our editor, Marshall Zweig, to his wife Heather for transforming his strict low-carb diet into a nightly adventure in yumminess.

There's also an in-depth interview with the legendary Jackie Kallen, who in June will become the first woman boxing manager inducted into the International Boxing Hall of Fame.

Finally, I want to acknowledge our staff photographer, Amy Gillespie, whose images add verve and luster to our publication.

Our world has been transformed by the remarkable achievements and contributions of women from all walks of life. As we honor the women who have touched our lives profoundly, let's also reflect on both the progress we've made, and the work that still lies ahead to achieve true equality and inclusivity for all.

To the extraordinary women who encourage us, challenge us, and beautify our existence. May their stories serve as a testament to the power of determination and the triumph of the human spirit.

With deepest respect and admiration,

JOE GEAGEA, PUBLISHER
@WEST_BLOOMFIELD_CITYLIFESTYLE



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May 2024

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inside *the issue*

MAY 2024 | LADIES



10



18



24



28

Featured

10 Pulling No Punches
Profiling Jackie Kallen, who in June will become boxing's first female Hall of Fame manager

18 Mom-Daughter Mother's Day
Whether your relationship with mom is strong or strained, we've got magical Mother's Day ideas.

24 Keto Crustless Pizza
Appreciation from our editor to his wife for bringing pizza back to his low-carb life

28 Filled With The Right Stuff
Inside the Oakland County Foster Closet, where foster kids can get everything they need—including respect

On the Cover

Legendary boxing manager Jackie Kallen, photographed in her West Bloomfield home. In June, Jackie will become the first female boxing manager inducted into the International Boxing Hall of Fame.

Photography:
Amy Gillespie

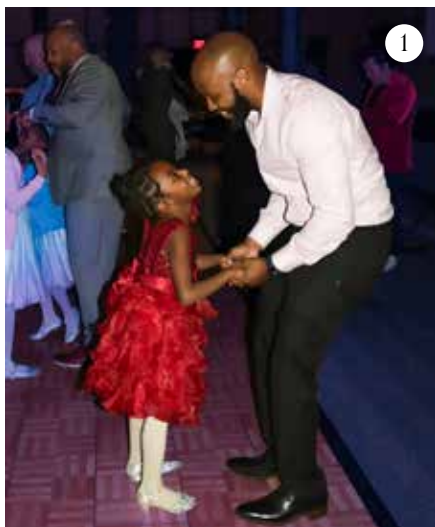
Departments

- 4 Lifestyle Letter
- 8 City Scene
- 10 Local Limelight LIFE + CULTURE
- 18 Trend Setter LIFE + CULTURE
- 22 Locally Sourced LOCAL SERVICES
- 24 Culinary Creations FOOD + BEVERAGE
- 28 Must See LOCAL SERVICES
- 34 Events

MAY 2024

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1: Daddy Daughter Dinner Dances. 2: St. Patrick's Day Lunch at Connect Senior Center. 3-4: Egg Scramble 5: Daddy Daughter Dinner Dances. 6-7: the Black Expo, hosted at Orchard Mall.

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Pulling *No Punches*



Jackie Kallen is the first woman manager inducted into boxing's Hall of Fame. Here's her hard-fought story.

ARTICLE BY MARSHALL ZWEIG | PHOTOGRAPHY BY AMY GILLESPIE



Editor's note: this interview has been edited. No context has been changed.

I'm not surprised when Jackie Kallen tells me she grew up surrounded by men.

"I only had a brother growing up. My dad was one of three brothers and they were all close. I married a guy that was one of four brothers. Then I had two sons."

Jackie embraced what she calls "that testosterone-driven side of me."

CONTINUED >



“I love sports, I love fast cars, I love gambling. But I still have the girly girl. Even in a boxing gym where it was dirty and sweaty and hot, I would be doing my nails, my hair, my makeup, all dressed to the nines—I kept my femininity always front and center.”

Jackie’s balance of traditional masculine and feminine traits took many men in the boxing world aback.

“Initially there’d be, ‘What is she doing here? She looks like she got out of the beauty shop.’ Eventually they started to understand that’s just my exterior, my package. So after a while they’d forget the nails and the hair and the makeup and the jewelry, and just talk.”

In 1979, Kallen interviewed now-legendary fighter Thomas ‘Hit Man’ Hearns, who was just 20 at the time.

“I see this guy coming into the ring...I tell you I was scared. I looked in his eyes and I thought, ‘Whoever has to face him, he’s gonna get hurt.’ It was the most deadly stare I’d seen in my life.



“He knocks his opponent out, the fight’s over. The guy he knocked out, Tommy’s helping pick him up, he’s hugging him, ‘Are you okay, are you okay?’ And he’s got the softest kindness brown eyes. I went, ‘Is that the same guy?’ I mean, how you can go from being an assassin to being a pacifist lover? And the beauty of the movements. It was like watching a ballet but a violent ballet: they slip, they slide, they weave. And there was a reason for every movement, there was a whole strategy to this ballet. Plus these guys, a lot of them were fighting not just in the ring, but in their lives. I was fascinated.”

Beloved trainer Emmanuel Steward took Jackie under his wing. “Emmanuel didn’t look at me as a woman,” says Jackie. “He looked at me as someone who loved the sport.”

Steward taught her everything about boxing, including how to cut an injured fighter’s swollen eye so he could continue a fight. But Jackie still needed to practice.

“I came to the gym with a razor, I said ‘I want to work on cuts today, who volunteers?’ Nobody did. So I went to the market and I got some purple plums and I squeezed them till they were all like mushy juicy, and then I sliced open the plum and as it started to leak out, I’d stop it with the Avitene and the Vaseline, I’d hold down the gauze pad to soak up the blood. I would practice on plums.”

Jackie became a manager, setting up fights, negotiating contracts—and being her fighters’ best friend.

“I’d help them open their first checking account, buy their first car...they became part of my family. I’m still in touch with all of the guys I’ve managed. They’re still my friends.”

"[Guys in the boxing world would say] ‘Why don't you go into modeling? You don't belong here.’ Who's to say where I belong? Me. I decide where I belong."

How did she pick who she managed?

“Natural organically-given ability. Great discipline, the last one in the gym. And the third part, which is the most intangible, is heart. Do you have heart? I’ve had great fighters who’d get a guy hurt but they wouldn’t finish him. You got to want to go in there and destroy. So it’s a combination. And if I have all three in a guy, I know I got something.”

Jackie believed she had something in James Toney, and she was right. Now considered one of the best middleweights of all time, Toney won his first title in 1991 as a 20-1 underdog, with Jackie as his manager.

“It was a fairy tale. That surreal moment of knowing that now people are going to take you seriously. I was on top of the world.”

It was a far cry from when Jackie first started in boxing. Harassment of women was the norm.

CONTINUED >



“‘You want your kid on my card? Show me how bad you want it.’ Or ‘Why don’t you go into modeling? You don’t belong here.’ Who’s to say where I belong? Me. I decide where I belong.

“At one fight they wouldn’t let me in the ring with my fighter. They said, ‘Go put on a bathing suit. I’ll give you a ring card. Walk around, round one, round two.’ Is that all a woman’s good for?”

Jackie was so unique that Hollywood came calling, casting Meg Ryan as Jackie in *Against the Ropes*. “Here I was, all glammed up, going into boxing gyms...I guess I was an object of fascination to people,” Jackie speculates, “because I didn’t look the part.”



Though Jackie still manages, she's also found a new love: motivational speaking. She loves sharing her life lessons.

"I have four heart stents. I've had two lumpectomies. I have glaucoma. I'm legally blind in my right eye. I have sleep apnea. I've had two malignant melanomas. Those are all the downsides that we all deal with. You just take them, file them away, and get on with your life. If you get knocked down in boxing and you're lying on the canvas, get back up again. That's the only option. It's a metaphor for life. If you lay there, they're going to count you out. You don't want to be counted out in life. If you lose a round, it's okay. Life has more rounds. So if you get knocked down, get back up. We're all fighting something. Just keep moving forward. Life is a big, big windshield with a little tiny rearview mirror. We're not meant to look back. We're meant to look forward."



"You don't want to be counted out in life. If you get knocked down, get back up. We're all fighting something."

MOM-DAUGHTER



MOTHER'S DAY

Make mom's special day one you can both enjoy

ARTICLE BY MARSHALL ZWEIG



Mother-daughter relationships range from harmonious to strained, from deep friendships to simmering tension. Whether you find mom a challenge or a treasure, these Mother's Day ideas practically guarantee you'll both enjoy your time together.

- Best for relaxing: day spas offer quiet bonding time in peaceful surroundings. At Zealand Spa Salon in Commerce Township (zealandspasalon.com) Mother's Day gift cards are up to \$25 off if you mention West Bloomfield City Lifestyle.
- For a peaceful hangout at Oakland County's breathtaking parks like Cranbrook, Kensington, and Independence Oaks, you can enjoy a convo while you picnic, hike, or birdwatch.
- If you have trouble making conversation: the Cranbrook Art Museum or the award-winning Detroit Institute of Arts (free for Oakland County residents) can spark a conversation about art, not about each other.
- If she's into fresh food: the Oakland County Farmers' Market in Pontiac (248-858-5495) offers hearty produce, artisanal foods, home decor and more. The market is open from 7 a.m.-1:30 p.m. Tuesdays, Thursdays and Saturdays. Or...
- ...if she likes cooking, take a chill cooking class at the Mirepoix Cooking School in Royal Oak (mirepoixcookingschool.com),

CONTINUED >



and enjoy a delicious meal together too. Mirepoix teaches a variety of cuisines, from Indian to sushi to Chinese takeout.

- If she's a shopaholic: there's nothing like a little mother-daughter 'retail therapy.' Go boutique-hopping in downtown Birmingham or downtown Rochester and enjoy lunch at a charming café.
- If she's crafty: no, we don't mean the 'slipping-advice-in-during-a-casual-convo' type of crafty. Make Raku pottery at the Clawson Clay Guild (clawsonclayguild.com) for a pulse-pounding experience and uniquely beautiful art. Or try an Expressive Arts class at ArtWorks! Studio in Walled Lake (artworksmichigan.com).
- If she likes to be entertained: laugh at One Night Stan's Comedy Club in Waterford (onenightstans.club) with a different comedian every weekend in May. Or thrill to tableside magic at The Magic Soiree in Troy (themagicsoiree.com).
- If she's still isolating: if mom's still masking, raise a virtual glass with a Michigan By The Bottle (mbtbasting.com) Virtual House Party. A host leads you through the wines and beers and answers questions.



Keto Crustless Pizza

CELEBRATING MY WIFE HEATHER, WHO BROUGHT
PIZZA BACK TO MY LOW-CARB LIFE

ARTICLE BY MARSHALL ZWEIG

I bounced from diet to diet all my life: vegetarian, vegan, raw, intermittent fasting. Nothing felt right. By 2015, I was 80 pounds overweight and sick.

A nutritionist recommended keto. Five months later, I was thin and healthy. Simply put, keto gave me my life back.

The cost: eating for enjoyment. I told myself I didn't miss deliciousness. But I did.

My wife Heather was determined to bring joy back to my meals—and she started with this incredible dish. I remember she called me to the table and I said, “What’s this?”

“Pizza,” she said.

“For who?”

“For you.”

In shock, I began distributing the pieces between my plate, hers and our son’s. She stopped me.

“It’s all for you,” she said.

I bit into an experience that tasted like my birthday and winning the lottery all in one. I started to cry.

“I never thought I’d have this taste in my mouth again,” I said.

To this day, I prefer her keto pizza to any pizza anywhere.

Heather, I’m grateful.

- Makes: two servings
- Prep Time: 7 minutes
- Cook Time: 10 minutes

ingredients

- 1 1/2 cups shredded mozzarella cheese
- 9 slices pepperoni
- 1 tablespoon sliced black olives
- 4 fresh basil leaves
- 1/2 small avocado

instructions

1. In a medium-sized mixing bowl, combine the avocado and cheese until avocado is evenly distributed.
2. Warm a 10-inch skillet over medium heat. Spread the cheese and avocado mixture evenly over the surface of the skillet. Cook until the cheese is almost fully melted, then layer on the pepperoni slices and olives. Continue to cook until a crust starts to form. The cheese will harden, turn brown on the bottom, and naturally lift off the skillet.
3. Once the crust has formed, turn off the heat, slide the pizza onto a plate, and garnish with basil leaves. Slice into 4 pieces and serve immediately.

- Calories: 463
- Fat: 38g
- Protein: 26g
- Net carbs: 5g
- Fiber: 8g

notes

Feel free to be creative with your toppings; bear in mind that the nutrition information will vary depending on ingredients. Also, my wife sprinkles basil, oregano, salt and pepper into the cheese and avocado mixture; she suggests you let the basic recipe spark your creativity like it did hers.

THIN-CRUST SKILLET PIZZA (LOW CARB, GLUTEN-FREE, SUGAR-FREE)





INSIDE THE OAKLAND COUNTY FOSTER CLOSET

Filled With The Right Stuff

ARTICLE BY MARSHALL ZWEIG | PHOTOGRAPHY BY AMY GILLESPIE



“

When the kids come into our closet, we want to give dignity and respect back.

Michele Austin wasn't okay with her new son having an empty closet.

"I became a foster parent because my partner at the time and I couldn't have children ourselves. So we decided to foster and we got our first foster placement, my son Timothy—he's 22 now. And he didn't come with anything. Clothes that he had on that were too big for him, a duffel bag and a small bag of toys."

Michele networked with people and got Timothy more essential items. But as she and her partner foster-parented more kids, Michele noticed "every kid after didn't come with anything. We just got to the point of 'how are we going to afford to take care of these kids?' The state gives you some money but not a whole lot."

Michele stumbled on Foster Closet of Michigan, a fledgling women-run organization with an all-female board. Within a month, she was president of the nonprofit, which grew so rapidly they had to split up by counties. Michele now runs the Oakland County Foster Closet (ocfostercloset.org).

"In the 11 years that I've been running the Closet, it's the same story over and over again. Can you imagine coming into care with the underwear on your butt and maybe a pair of bags? So when they come in, one of the first things we're doing is finding socks, underwear, diapers, wipes—all of those essential things that they need."

In 2018, Michele expanded her services to include low-income families, as well as children who have entered Child Protective Services.

"I am low-income. I live in a double-wide trailer. There are times that I'm scraping by.

But man, I will help as much as I can because the Foster Closet blesses me constantly. If I can give you something that makes you feel dignified and respected and all of those things, you stand taller, you act more confident. You can become a more productive person if you're filled with the right stuff."

So far the Closet has helped almost 12,000 children with close to 300,000 items. Anyone who qualifies for the Oakland County Foster Closet gets everything for free.

"I can't tell you how many foster parents I've been registering, and I let him know that everything is free, they don't have to pay for anything—and they just look at me like I have three heads. And the tears just roll."

Many foster parents don't know what they'd do without the Oakland County Foster Closet's help.

"[It's] taken a huge weight off of my shoulders and let me focus on just bonding with the baby," says Joy. Other foster moms agree: "It helped me be able to clothe my kids," Iris says. "I wouldn't have been able to do it without them." Bianca adds, "They have brought peace of mind." And "when I needed help after a terrible crisis," Vykeisha says, "the OCFC were there for me at my time of need."

Michele understands the parents' emotions. In total, she fostered 18 children.

"The amount of trauma that they deal with, every single one of my kinds, it's unbelievably heartbreaking. Showing up to a stranger's house you don't know—you're with some adult that told you you had to leave your family's home. It doesn't matter what the drama was, doesn't matter what the abuse was.

CONTINUED >



“ You can become a more productive person if you’re filled with the right stuff. ”

And by the way, you have your stuff in a garbage bag. I mean, talk about degrading. So when the kids come into our closet, we want to give dignity and respect back.”

Michele starts by talking to both the adults and the children with respect.

“When families come in and register, we have a spot for non-binary. A foster mom was almost embarrassed to say that the daughter preferred men's underwear, and I looked at her straight in the face and said, ‘Everything I wear is men's clothing. I don't want to be a boy. I'm just more comfortable in those clothes.’ Everyone that walks through our doors are people first. They are

not defined by their situation or circumstance. They are people needing help, not judgement.”

After a conversation, where each foster child gets their choice of a suitcase, a duffel bag, or a backpack to transport their new stuff, it's time for them to stock up on all the items we often take for granted: brand-new clothes, toiletries and school supplies.

“Our facility is beautiful; it's set up like a boutique. It's bright. It's labeled. It's clean. It has good quality clothes. We have our ‘Birthday In A Bag’ program...just a little bag that has cake mix and frosting, candles, napkins, decorations, just to throw a little party. Because If I can bring some joy to a kid, I want to do that.”

CONTINUED >

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You

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Foster kids can choose original artwork to decorate the walls of their new room. The paintings are donated by volunteer children. Every kid also gets a heartwarming “Somebody Loves You” box, with a brand-new stuffed animal friend.

And then there’s the toy room.

“We have a toy room that is completely filled with brand new toys. I’ve seen many, many, many, many kids that are in foster care come into that toy room—and they don’t move. It’s because they don’t think they can. I have to tell them, ‘You can pick out anything you want.’ That toy room is fantastic. I want them to experience opening a new toy, taking out a new toy...*breaking* a new toy.”

Michele couldn’t work her magic without the efforts of the local community. “Howard Tapper, of Tappers Fine Jewelry, has donated coats to us for the past seven years—brand new, with tags on them. Park West Gallery’s foundation helps aged-out kids. It really does take a village.”

That village includes volunteers like a group from Vibe Credit Union, who were hard at work folding donated clothes while we interviewed Michele. It also includes construction company owner Vinessa Palermo, a Foster Closet board member.

“Seeing the statistics and the number of items [the Closet has] donated, it really really touched me,” Vinessa says. “I’m adopted myself, so it really hit hard.”

Michele adds, “I can’t be a foster parent anymore. But I can do this because we can all do something. Everybody can do something and I do this and I love it. Mondays are my favorite day of the week. I can’t wait for the weekend to get over so I can get back in the closet. How funny does that sound?”

If you want to help, says Michele, the Closet is filled to the brim with items. What it needs is a bigger home.

“I started in my house. We’re in 4,000 square feet—we are still out of space. I have two storage units. I want to try for a forever home. I have spent 11 years asking and begging for that because to do good, we got to stop worrying about the bottom line.”

Oakland County Foster Closet aids 250 children every month, and holds events for foster children all year round. To be a part of their mission, or to help them find their forever home, email Michele at info@ocfostercloset.org or call (248) 419-4487.





“ I can’t be a foster parent anymore. But I can do this because we can all do something. Everybody can do something and I do this. ”

MAY 2024

events

A SELECTION OF UPCOMING LOCAL EVENTS

MAY 7TH

Food Truck Tuesdays

West Bloomfield Civic Center / 11:30 AM

Every Tuesday from 11:30 to 1:30, you can sample extraordinary cuisine from some of the area's most creative chefs.

May 7: Cousins Maine Lobster, May 14: The Grilled Wrap, May 21: Simply Spanish, May 28: The Great Greek

Look for the big tent in the parking lot. Indulge your inner foodie! Vendors subject to change; check online at wbtownship.org.

MAY 15TH

Come see bestselling historical fiction author Melanie Benjamin

West Bloomfield Main Library / 6:00 PM

Melanie Benjamin is the author of two *New York Times* bestsellers: *Alice I Have Been*, chronicling the inspiration for Lewis Carroll's *Alice's Adventures in Wonderland*, and *The Aviator's Wife*, about the wife of famed aviator Charles Lindbergh. Melanie will be speaking and signing books, which will also be available for purchase at the event.

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The Men's Issue

LIFE + CULTURE

OAKLAND UNIVERSITY'S
GREG KAMPE, COLLEGE
BASKETBALL'S LONGEST-
TENURED COACH

JUNE 2024
CITYLIFESTYLE.COM

Being a man in 2024: a Father's Day reflection

Dear Readers,

In this era of evolving norms and shifting standards, it's easy to lose sight of what it truly means to be a man. With Father's Day coming up this month, I find myself reflecting on some timeless male-energy values that today just might be more important than ever: integrity, authenticity, perseverance, presence and benevolence.



Being a man in 2024 isn't about flashy displays of strength or wealth. It's about being someone others can count on, someone who keeps their word and stands by their principles, even when it's hard. It's about being real, embracing who you are without apologies or pretenses, and having the courage to be vulnerable. It's about keeping going when you feel like giving up. It's about being present in the moment, fully engaged with the world around you and the people you care about. And it's about uplifting others by passing on the blessings you've been bestowed.

In a world that often feels chaotic and disconnected, these qualities are like anchors, grounding us and guiding us through life's ups and downs.

Inside are ambassadors of those qualities. Oakland University's legendary Greg Kampe has outlasted every other college basketball head coach by evolving his coaching philosophy without sacrificing the qualities he believes his athletes need to succeed in life. Mark Watts of Boys2Men Youth Mentoring supports hundreds of young men on their journey to adulthood with extraordinary programs and mentors. Matt Rappaport and his band Collision Six played gigs for over two decades before getting to perform for 275,000 metro Detroiters at the 2024 NFL Draft.

To being men of integrity, authenticity, perseverance, presence and benevolence, not only for ourselves, but also for the people we love and the communities we belong to.

Warm regards,

JOE GEAGEA, PUBLISHER
@WEST_BLOOMFIELD_CITYLIFESTYLE

P.S.: If you're looking to celebrate your dad on Father's Day, inside you'll also find a surefire dad-pleasing recipe for taco pie that's way too delicious to be healthy... except it is. :-)



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inside *the issue*

JUNE 2024 | GENTLEMEN'S



Featured

10 **Adapt or Die**
Oakland University's head basketball coach Greg Kampe shares the secret to his longevity

18 **100% Success Rate**
Every young man from Boys2Men Youth Mentoring has graduated high school and gone to college

26 **Crustless Taco Pie**
Taco + pie = a low-carb, gluten-free meal that'll delight every dad

30 **Rocking the Draft**
Matt Rappaport and Collision Six gave the performance of a lifetime at the NFL Draft

On the Cover

Greg Kampe, photographed in Oakland University's Athletics Center O'rena. Kampe has been head coach of Oakland's men's basketball team since 1984. In March, Kampe's Golden Grizzlies upset the storied Kentucky Wildcats in the NCAA tournament.

Photography:
Amy Gillespie

Departments

- 4 Lifestyle Letter
- 8 City Scene
- 10 Must See LIFE + CULTURE
- 18 Local Limelight LIFE + CULTURE
- 24 Giving Back LIFE + CULTURE
- 26 Culinary Creations FOOD + BEVERAGE
- 30 Athlete Life EVENT PLANNING + SERVICES
- 32 Get Active SPORTS + RECREATION
- 34 Events

JUNE 2024

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1-3: Earth Day Celebration 4-5: Fabulous '50s Senior Lunch 6-7: Reading with A Critter program

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OAKLAND UNIVERSITY'S GREG KAMPE,
COLLEGE BASKETBALL'S DEAN, HOLDS COURT

Adapt or Die

ARTICLE BY MARSHALL ZWEIG | PHOTOGRAPHY BY AMY GILLESPIE



“

The first word I ever said was ‘Michigan.’

EDITOR'S NOTE: This interview has been edited. No context has been changed.

Greg Kampe has been defying expectations for decades. So it seems fitting that he grew up defying Ohio allegiance in a town called Defiance.

“My dad played football at Michigan and my brother played football at Michigan. My dad played on the '47 national champions. So I grew up in Michigan Stadium as a kid. The first word I ever said was ‘Michigan.’

“[Growing up], our mailbox had the Michigan helmet painted on it. And after every Ohio State game, somebody would come with the car and run it over...and [my dad] just expected it. He went out and, you know, put it back up and re-dug the hole.”

Kampe, head coach of the Oakland University Golden Grizzlies, even defies Father Time. His astonishing 40-year run with Oakland makes Kampe the longest-tenured coach in college basketball. In March, in the NCAA basketball tournament's first round, Kampe's underdog, never-say-die Golden Grizzlies slew their latest and greatest Goliath: the mighty John Calipari-coached Kentucky Wildcats.

But when I ask Kampe about his relationship with the game of basketball, he says, “Love/hate. There's nothing else i could do or would do, [but] there's many days I hate it, everything about it. It's the chase of perfection. You know you're never gonna catch perfection, right? So it's the chase.”

Oakland's stunning upset of the Wildcats is already a distant memory for the coach. He's preoccupied with the subsequent contest against North Carolina State, where the

Golden Grizzlies were in a position to win with the clock running down.

“Our greatest moment in Oakland history was the win against Kentucky. And yet, two days later, to go to the Sweet 16, we've got the ball with ten seconds to go and don't get a shot off. And I have not had a night since then that I don't wake up and think about that we didn't get a shot, and it's my fault. ‘What if I would have run this play? Why didn't I do this? Why did I call time out?’ And then that team went to the Final Four. So that could have been us in the Final Four. And those thoughts just keep going through and, and I just can't...so love/hate would be the best way to put it.”

Given such a complicated relationship, it makes sense that Kampe's dream wasn't to be a coach.

“I wanted to be a broadcaster. I have a broadcast journalism degree. I interviewed [at Channel 11 in Toledo] for the internship in the sports department, and I didn't get it. I didn't know what I was gonna do. And the basketball coach at the University of Toledo offered me the graduate assistantship.

“A lot of my coaches that I played for said, ‘You love the game, you seem to be mentally astute in it, and you should go into coaching.’ I never wanted to. My dad had been a coach. He told me, don't do it, because it's a suck job. You can't please people. It's the only job in the world that everybody knows how to do your job. Can you imagine, in a court of law, if they had announcers in there? ‘He needed to object to that.’ You know? Everybody knows how to do my job. And my dad, he just said, ‘It's a bad lifestyle.’

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**“ This is not an easy job.
It's not easy to win. It's
hard to win. ”**

"I was told by three NFL franchises they were gonna draft me, and back in those days you stood by the phone all day, and I stood by the phone for two days, and the call never came. And [Toledo's basketball coach] said, 'You gotta make a decision.' So I decided to stay at Toledo. It's hard to get a coaching job, especially at a college."

Kampe's NFL draft call was not the only one that never came. His beloved Michigan Wolverines never

called either. Not in 2000, when Oakland upset the Wolverines. Not in 2015, when they came within a point of defeating the No. 1-ranked Michigan State Spartans.

Not even after Kampe's team upset Kentucky.

"Michigan didn't offer me the job. I would have taken it. Oh, hell yeah. But when it's all finally said and done... my hope is I've never gotten fired. Every coach gets fired. All my friends in the business, everybody I started with, they've all been fired somewhere. And so I figure I



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got five or six more years to try and not get fired.

“I’m appreciative that I have a job. I’m appreciative that I’ve been here so many years and they still want me. I am grateful when I put my key in the door and it still opens.”

When Kampe took over, Oakland had never had a winning season in league play.

“I took the job thinking, ‘we’re gonna win the national championship next year.’ It took one year to find out how hard this is, how tough this business is.

“We won 20 games in my third year, and we’ve kept going since. We got it turned around. But this is not an easy job. It’s not easy to win. It’s hard to win.”

Yet winning is what Kampe’s teams do. As an example: at the request of a former major league umpire, Kampe once agreed to coach a Little League team with 13 eight-year-olds who’d been cut from other teams. 11 of those kids received college baseball scholarships.

What did Kampe teach them?

“How do you steal a base? How do you field a ground ball, catch a ground ball? We spent all our time on the fundamentals. We didn’t play games in practice. We didn’t play many games.

The emphasis and focus was not on games. The emphasis and focus was on learning old-fashioned fundamental baseball.”

I ask Kampe about his internal psychology as a coach, and he slides his computer monitor away from the wall. “Can you see it?” Kampe asks. “It’s hidden so nobody can see it.”

It’s a white sheet of paper tacked to the wall, bearing three words:

ADAPT OR DIE

I want to know more.

“When I grew up, the team was the most important thing. That’s what I was taught: the team, the team, the team, right? No one teaches that today. And so I can be the old guy that sits around and bitches about it, or I can adapt, understand it, and still have success. And I can still have my non-negotiables.”

I ask what Kampe means by non-negotiables.

“Everybody’s dressed the same. We’re a team. Right? No longer. They want to wear *these* shoes. So how do I mix that? I don’t care what shoes they wear anymore. That’s adapt or die. Why am I kicking you out of practice because you got a pair of SpongeBob socks on, which a kid wore one day? I have to find



“

Everybody wants to be great till they find out what they have to do to become great.

non-negotiables that I can live with that don't send them running. And more importantly, they're what they can take into life.

"You have to be on time. If you're late, you screw the other 14 guys. So that's one of our non-negotiables. They know if they're late, don't even come in. You can't practice that day. But that's gonna affect them in their job, that's gonna affect them in life.

"Academically, you miss class? It's non-negotiable. You're here to get a degree. And you may not care about that right now, but when you're 35, you're gonna care about it."

One quality Kampe looks for in a player is an elite work ethic, like Oakland's Jack Gohlke, who made ten three-pointers against Kentucky. Kampe sees Gohlke in the gym an hour before practice starts. And after classes. And after dinner.

"Gohlke's an elite worker. I value that. I want a guy to say to himself, 'This is what I have to do to become great,' and then do it. Because most people, when they find out what they have to do to become great, they're not willing to sacrifice to do it."

He also wants to understand a player's *raison d'être*.

"What is their 'why?' Right? That's a big thing today. Everybody wants to know your why. Why are you doing what you do?"

Kampe hears his own words and chuckles.

"See, I have adapted. If you would have said ten years ago, 'what's your why?' I would have laughed at you and told you to get out of my office, right? Now, I use that: 'what is your why?'"

I ask the coach what other quotes he's known for.

"Everybody wants to be great till they find out what they have to do to become great.' That would be number one. And number two would be 'consistency is the hallmark of greatness.' I say that to my team all the time. I want a consistent effort, a guy that's gonna show up every day and do his job."

The fire in Kampe's eyes and words belies an inner sensitivity.

"I have the thinnest thick skin of anybody in the world. Little things really bother me. The fact that a guy I don't know doesn't like me or thinks I'm a bad coach, that bothers me.

"I'll give you a perfect example. We were playing a team, and we were way ahead, and if we score 85 points in the game, everybody in the place gets free pizza. So there's 15 seconds to go and we've got the ball, and normally in that situation, you just dribble out the clock, right? And this kid went down and dunked it—and I wanted him to.

"Well, the other coach wasn't happy about it. I went and I told him why he did it, and I don't think he really thought that was a good reason. There are 4000 people out here that wanted free pizza, and I want my fans to have it. We weren't running it up, we did it for that. So I sent pizza to his office. 'Cause I didn't want him mad at me.

"And I think that's how I've lasted. There's no coach out there that I have a beef with. I want people to love Oakland basketball. They can wanna beat us, but I want be their second-favorite team. That's my goal."

I ask Kampe when he knew he was going to beat Kentucky.

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“

I have the thinnest thick skin of anybody in the world.

“I never thought we would lose, but I never, ever thought we had the game won. I mean, with 18 seconds to go, I went nuts on one of my players, because he was celebrating. I called him over and I yelled at him, ‘Act like you’ve been here!’

“But I realized, now he’s getting yelled at on national TV by his coach. So I put my arm around him and I added, ‘...even though we never have.’ And he laughed, and the tension went out, and we finished the game.

“I had to shake Calipari’s hand, shake all [the players’] hands. And then I turned and I realized, ‘Holy shit.’ I tried not to show any emotion, I had to go talk on TV, but inside, it was ‘Holy shit. We did it.’”

Kampe says he often defuses tense moments with humor.

“The world sees most people in my situation as arrogant, and...I don’t know what the right word is...authoritarian maybe? And so I try to be the opposite. I think laughing is the greatest part of humanity.”

He might enjoy making people laugh. But Kampe would be hard-pressed to find anyone laughing at his legacy. This season, he surpassed 800 victories, putting him in the rarified air of names like Krzyzewski, Boeheim and Knight.

Yet winning is not what drives him.

“In the heat of the battle, winning is what’s important,” Kampe says. “You know, when you’re screaming and yelling, and keeping your cool and figuring a way to win the game—that’s what’s seen.

“This year, we played 37 games. A game is two hours. 74 hours. That’s it. The rest of the time is my real job: making sure that 15 kids become young men, academically, socially. It’s what? Adjunct parenting? I guess that’s the word.

“When this is all said and done, I’ve coached 200-plus kids and I made a difference in their lives. I’ve got more championship rings than I have fingers, but that’s not important. None of them are on my hands. And to be honest with you, I don’t know where they are. Somewhere in my home.

“What means the most is, are those 200 kids better because they played at Oakland and I was their coach? I am in constant contact with many of our players. I have a young man right now, his eight-year-old’s got leukemia. So we’ve been really fighting that with him.

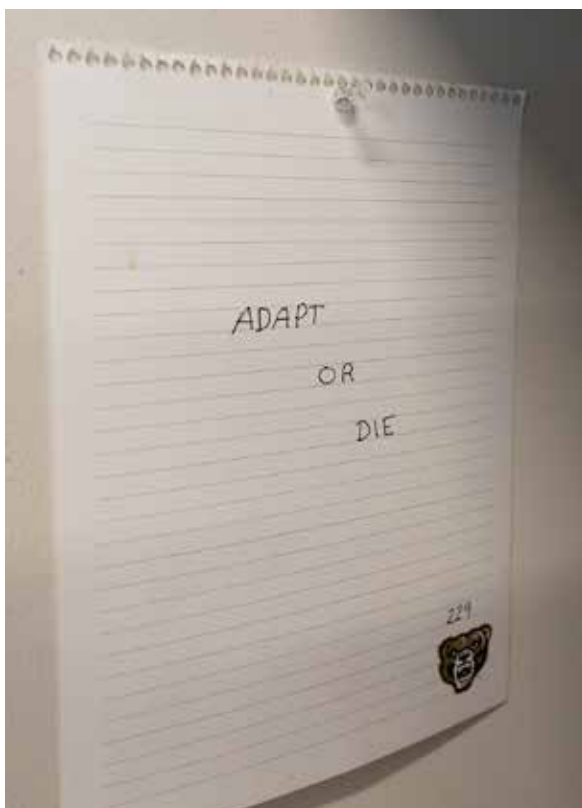
“My job is to make you the best person, the best player and the best student that you can be. That’s my job. And I will never waver from that.”

But winning matters greatly to this product of Defiance. Kampe shows me a clipboard of half-court drawings. He says he spent two sleepless hours the night before, diagramming play after play after play.

“We didn’t get a shot. And it’s gonna haunt me the rest of my life. I know that. That’s why this job sucks. That’s why my dad told me not to do it.”

Then Kampe’s fiery eyes flash.

“I guarantee if we ever get in that position again, we’ll get a shot up.”



“When this is all said and done, I’ve coached 200-plus kids and I made a difference in their lives.”

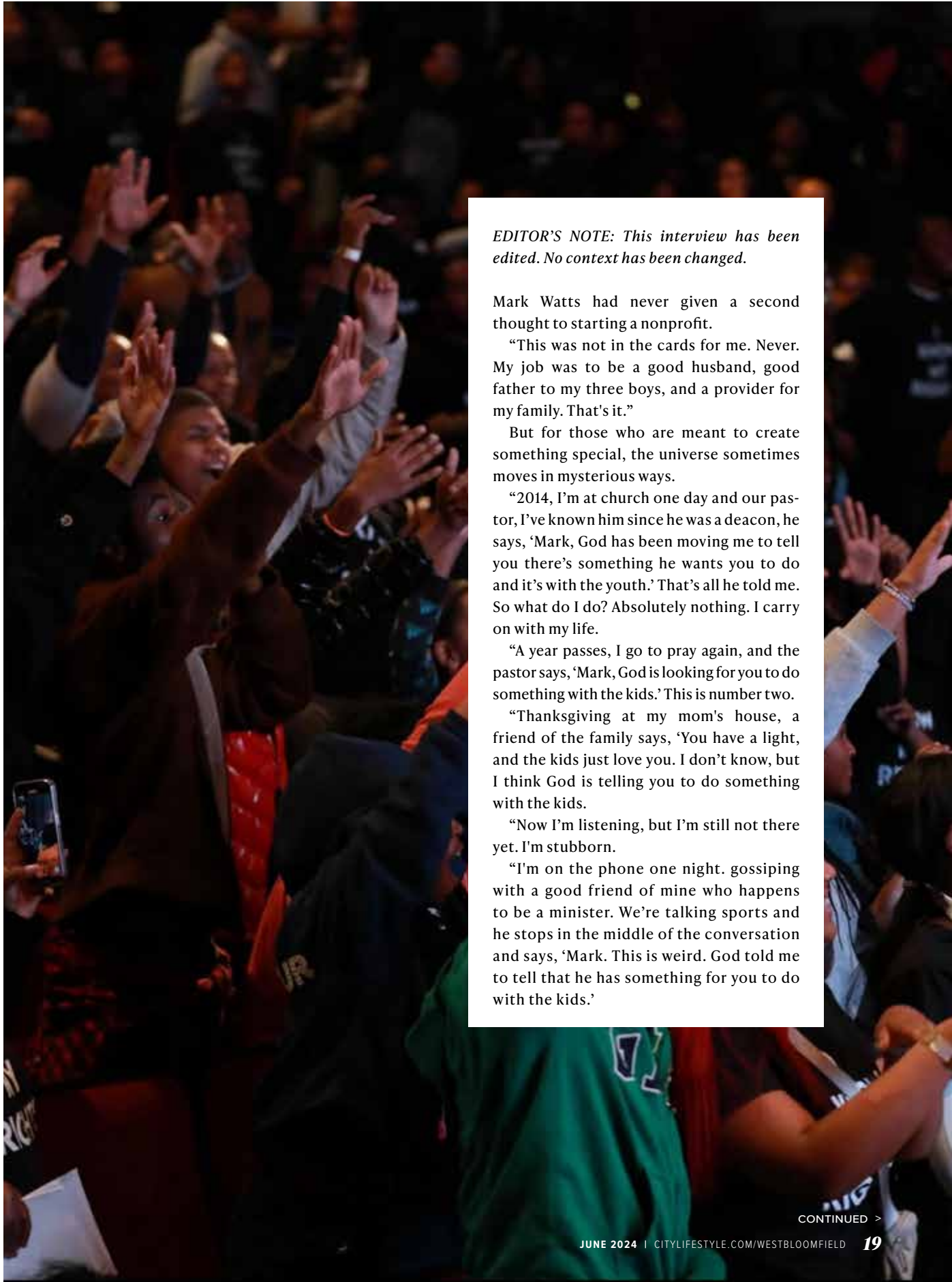
EVERY YOUNG MAN FROM MARK WATTS'S BOYS2MEN YOUTH MENTORING PROGRAM HAS GRADUATED HIGH SCHOOL AND GONE TO COLLEGE

100%



Success Rate

ARTICLE BY MARSHALL ZWEIG



EDITOR'S NOTE: This interview has been edited. No context has been changed.

Mark Watts had never given a second thought to starting a nonprofit.

“This was not in the cards for me. Never. My job was to be a good husband, good father to my three boys, and a provider for my family. That’s it.”

But for those who are meant to create something special, the universe sometimes moves in mysterious ways.

“2014, I’m at church one day and our pastor, I’ve known him since he was a deacon, he says, ‘Mark, God has been moving me to tell you there’s something he wants you to do and it’s with the youth.’ That’s all he told me. So what do I do? Absolutely nothing. I carry on with my life.

“A year passes, I go to pray again, and the pastor says, ‘Mark, God is looking for you to do something with the kids.’ This is number two.

“Thanksgiving at my mom’s house, a friend of the family says, ‘You have a light, and the kids just love you. I don’t know, but I think God is telling you to do something with the kids.

“Now I’m listening, but I’m still not there yet. I’m stubborn.

“I’m on the phone one night, gossiping with a good friend of mine who happens to be a minister. We’re talking sports and he stops in the middle of the conversation and says, ‘Mark. This is weird. God told me to tell that he has something for you to do with the kids.’



“That’s it. That was the day.. I knew that this had to happen.”

‘This’ is Boys2Men Youth Mentoring, the Lathrup Village nonprofit which has been supporting underserved young men in their transition from childhood to adulthood since 2018.

The support they give is nothing short of incredible.

Like getting pilot lessons from a Tuskegee Airman. Like learning football from Colin Kaepernick. Like a Black Tie Gala at newly renovated Michigan Central’s Newlab, hosted by WDIV personalities Jason Colthorp and Tati Amare, and featuring speakers like *CSI: NY* actor Hill Harper and TEDx speaker and local photographer Shawn Lee.

Mark’s vision is sweeping.

“I want Boys2Men to be just like the Boys and Girls Club of America,” Mark says. “I want a large organization that spans across the country.”

The activities he assembles for Boys2Men are dreams come true for teenage boys.





“We had a drone flying workshop where they got drone certification at the end. I had a celebrity basketball clinic. We had an augmented reality workshop where [a CAD/CAM engineer] designed a car, they put the VR on, got in the car—it was a whole thing designed just for us. I even have a former Lions player, he has a junior go-kart NASCAR team. So all the boys are gonna get to go there, work in the pits, drive on the tracks—experiences that they would have never experienced without Boys2Men.”

The program also teaches a plethora of life skills, from mental health awareness, social skills and conflict resolution, to cooking and photography classes. There’s even etiquette training.

“How to tie a tie properly, what to do on a job interview, how to write a resume—the things that they don’t even know that they’re gonna need yet. [But] we never kick off with, ‘Okay, welcome to Boys2Men, we’re gonna do some etiquette training.’ No, it’s like, ‘Hey, we’re gonna have a free-style game night where we can play some basketball, and guys can play some Uno, we can just talk.’ Because that will open them up.”

Mark is very particular about who he allows around his clients, or as he calls them, ‘my boys.’

“You can’t just say, ‘Hey, I want to sign up for Boys2Men.’ We have to have a sit-down, I gotta lay eyes on you. You gotta tell me why. Then we do a background check. I don’t play about who I have around my kids.”

Mark makes sure if you’re Boys2Men mentor, you’re a safe person to talk with.

“You can’t go with the daddy approach, you can’t go with the boot camp approach. They have to trust you to open up to you. If you’re going through something that you don’t want to share with your parents,

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you got this brotherhood here where we can talk it out and help you make the right decision.”

Mark got his vision of mentorship from his own life.

“My dad, that’s my hero. Every kid in our neighborhood knew my dad. He was the pack leader of the Scouts, he built the derby cars for the races...and now he’s the director of mentorship for Boys2Men. So our mentor of the year award is called the Frank Watts Award.”

As particular as Mark is about his mentors, he’s equally as particular about who he accepts as clients.

“I want to know you want to be here. We have an interview process. This isn’t a babysitting program. This isn’t a boot

camp. This is somewhere that you want to be and you want to better yourself.”

One young man who bettered himself had a father who committed suicide. The young man tried to do the same. Then he found Boys2Men.

“This young man flies back every year [from Atlanta] to come to our black tie affair. Two years ago [at the event], he says, ‘Can I speak?’ I said, ‘Go ahead.’ He got up and he said, ‘This was the best thing that could have happened to me. I was gonna commit suicide.’ And he told his whole story. You talk about a roomful of tears. That was the first time I could really see the fruits of my labor.”

Other Boys2Men members give Mark similar feedback.





“The program helped me understand what people are going through. It helped me deal with not having a father figure in my life,” says Mason Fielder. For Bryant Rambus, Mark’s impact was immediate: “[Mark] looked at me and I looked at [him]—then we were friends,” Bryant says.

Boys2Men has been funded mostly by Mark, with help from the Skillman Foundation, the U.S. Forestry Department, and a few small businesses and donors. To manifest his vision, Mark needs more.

“On our website, they can just click on a monthly donation. Somebody who’s more financially stable can do \$100 a month. Somebody else can do \$25. Some of our workshops, like Black Tech Weekend, these two days cost us about \$14,000 just to facilitate. This guy had to design software to show them [gaming coding].”

So far, Boys2Men has impacted about 450 kids. Mark is proud of the results.

“Not one has ever been incarcerated. Not one is dead. Every child that has aged out of Boys2Men has graduated from high school and went to college. We have a 100% success rate. And I plan to keep it that way.”

Mark may not have intended to inspire young men on their path to adulthood, But when the universe kept tapping on Mark’s shoulder, he listened. Mark himself puts it like this: “When you’re doing God’s work and you’re doing the right thing, He will put you in the right place at the right time.”



100 MEN CLUB

Time. It's a resource that's short in supply for many men. And that comes in conflict with something men often desire: to support the causes they care about.

100 Men Club lets men give back without giving up precious time.

"You can attend virtually. Most meetings are over in half an hour," says 100 Men Club's Martin Kinsella.

Four times a year, any member can nominate and briefly inform the group about a charity. Each member votes; the charity with the most votes gets the donation.

The club has donated over \$300,000 to causes like Team Suzy, an Alzheimer's and dementia organization, and Fredi the Pizzaman Foundation, aiding kids with autism.

"In-person or virtual, it's simple and quick," Kinsella says. "You can literally give and go." For more info: 100menclub.com

Meet, vote, donate, done: this 'busy man's charity' is perfect for male-energy philanthropists

ARTICLE BY MARSHALL ZWEIG



Crustless Taco Pie

TACO + PIE = A LOW-CARB, GLUTEN-FREE MEAL
THAT'LL DELIGHT EVERY DAD

ARTICLE BY MARSHALL ZWEIG | PHOTOGRAPHY BY HEATHER MASSON

If you read last month's issue, you know I appreciate my wife Heather for restoring deliciousness to my life after I went keto.

This Men's Issue coincides with Father's Day. So here's a recipe of Heather's that puts my son and me in full caveman mode, silently shoving forkful after forkful into our mouths.

Peanut butter and jelly, chicken and waffles, bagels and cream cheese—some foods, when combined, become greater than the sum of their parts.

Simply put: tacos + pie = one very grateful father.

An easy and quick low-carb family favorite. And with no gluten and no added sugar, it's sinfully delicious without the sin.

Prep

20 min

Cook

40 min

Makes

8 servings

Ingredients

- 1 lb ground beef
- 3 tbs. taco seasoning
- 2/3 cup heavy whipping cream
- 4 large eggs
- 1/3 cup chunky salsa
- 1 ¼ cups shredded cheddar cheese
- ½ tsp garlic salt
- ¼ tsp ground black pepper

Prep

- Preheat your oven to 350° F degrees, and make sure your rack is in the center.
- Grease a 9" pie pan and set it aside.
- Brown the ground beef on medium heat in a non-stick skillet until the beef is cooked through all the way. Break up the ground beef pieces while you're cooking. It will take about 7-8 minutes in total to cook.
- Drain the grease.
- Add the taco seasoning to the same pan the ground beef is in and mix until combined. (You do NOT need to add extra water to the ground beef taco mixture like if you were making tacos; you'll be adding additional liquid to meat in a later step.)

Assemble

- Spoon the seasoned ground beef mixture into the greased pie pan.
- In a small bowl, combine the heavy cream and eggs together, then add the salsa, 1 cup of shredded cheese, garlic salt, and pepper.
- Carefully pour the cheese and cream mixture over the top of the ground beef in the pie pan.
- Sprinkle with a little more shredded cheese. I use about an extra ¼ cup.



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Bake:

- Bake for 35 to 40 minutes, or until it's baked through and the egg/cream mixture has set.
- Be sure to check your pie after 35 minutes and then put it back in five-minute increments if needed.
- Let cool on a baking rack for five minutes before serving.

Recipe Tips

- While it may be tempting to substitute almond milk or regular milk for heavy cream, I don't recommend it. Not only is heavy cream basically zero carbs, but it also makes the final product extra creamy and decadent. If you substitute another liquid, it might not turn out as firm.
- Store-bought taco seasoning often contains sugar. To keep the carb count low, make your own taco seasoning, and read the label on your salsa.
- Start with the basic recipe and add, or top with, all of your family's favorites: avocado, salsa, tomatoes, cilantro, additional cheese—everyone gets to customize their taco pie. Other delicious yet optional add-ons: sour cream, guacamole, shredded lettuce, or olives.

For Vegetarians

If you're vegetarian like our family, Heather substitutes 14 oz. of extra-firm tofu as follows:

- Drain tofu for about an hour before cooking.
- Preheat oven to 420.
- Break tofu up into crumbles.
- Add about 2 tablespoons of avocado oil and taco seasoning to your liking; mix until blended.
- Cover a baking sheet in parchment paper and spread the tofu flat.
- Cook for about 15 min and then stir up the tofu and cook for another 15 minutes.
- Use tofu to replace the meat in the recipe.



Performance of a *Lifetime*

MATT RAPPAPORT AND COLLISION SIX
ROCKED THIS YEAR'S NFL DRAFT

Matt and Sarah Rappaport
of Collision Six



You've had the daydream: being a crack musician, rocking out for hundreds of thousands of people.

Ever wondered how it would feel?

Ask Matt Rappaport of Beverly Hills.

Matt is the leader of Collision Six, the band selected to play at this year's NFL Draft, held in downtown Detroit. Collision Six performed for an astonishing 275,000 rollicking metro Detroiters.

"The energy was electric," Matt says.

Collision Six started in 2002. The band focuses solely on covers.

"[We love to] play songs that everyone knows and loves, that really get people going." Matt says.

Collision Six's repertoire spans the '60s to present-day. Over the years, they've played Comerica Park, Little Caesars Arena, The Fillmore and more, along with venues like the Detroit Athletic Club and Bay Harbor Yacht Club.

The draft's production company caught the band's act and called Matt, wondering if the band would be interested in the gig.

"Play in front of 300,000 people? Yes please!" says Matt.

Before the gig was theirs, Collision Six had to run the gauntlet of an approval process that included the NFL and Detroit's mayor.

"[We had to practice] starting and stopping on a dime so we could follow the tight production schedule as each pick was announced," Matt recalls.

So what *was* it like jamming in front of almost 300,000 people?

ARTICLE BY MARSHALL ZWEIG

...you could tell there was a sea of people out there, but you couldn't see the end of the crowd, so it felt like 'wow,' but it wasn't as intimidating as I thought... *we were so pumped to do our thing and entertain so many people.*



Photo: Jennifer Marie Photography

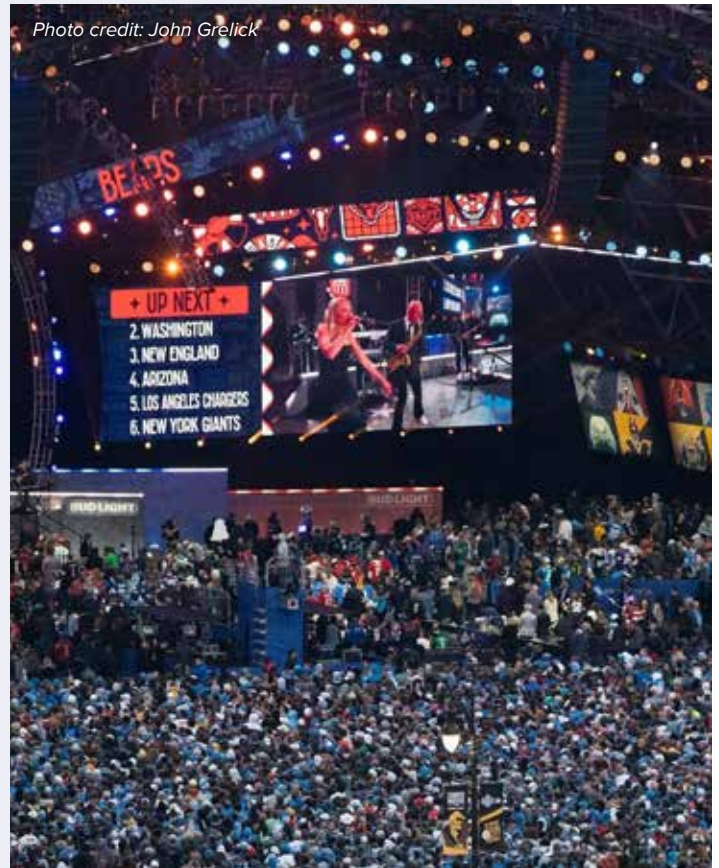


Photo credit: John Grellick

"You know, I didn't really feel nervous," Matt recalls. "The way [it] was set up, it felt like you were playing in a small theater with just a few hundred people, and that's something we're very comfortable with.

"Beyond that, you could tell there was a sea of people out there, but you couldn't see the end of the crowd, so it felt like 'wow,' but it wasn't as intimidating as I thought it might be. We were just so pumped to do our thing and entertain so many people."

The moment Matt will remember most happened during the band's performance of Journey's "Don't Stop Believing."

"We love that beginning part when everyone yells 'South Detroit,' but hearing 300,000 people do it all together was next-level," Matt reflects.

Collision Six specializes in weddings and private parties.

"Being the entertainment for someone's most important day fuels us to create the party environment every weekend," Matt says.

Collision Six regulars Matt, his wife Sarah, Kerry Srot, Nick Wilczynski, Evan Sherman, Michael Taylor, Brandon Bland and Amir Edwards, along with singers JaNae Fox and Corey Taylor, can now say they played in front of the largest crowd in the history of the NFL Draft.

Now *that's* rocking out.

Whether you are a new golfer or have been playing for decades, we all want the same thing—to be a single-digit handicap (or better). In some professions, golfing with clients is a must, and slicing off the tee box can kill the deal.

Perfecting Your Golf Swing

01.

Get fit for equipment.

If you've been playing with the same clubs for 5+ years, it's time to take advantage of the new equipment. Newer clubs have lower and deeper center of gravity (CG), creating an easier launch off the face. Even off-center strikes can produce a straight shot with the right set of clubs. Any major golf store will fit you for free—just make sure you get the correct length club and size grip.

On drivers and hybrids, some of the newest equipment have premium shaft options off the rack. The shaft is the engine of the club, so getting custom shafts will add distance and forgiveness—guaranteed.

As for the putter, you use it more than any other club in your bag on every round of golf. It should be the most tailored club in your bag.

02.

Read quality golf books for a higher golf IQ.

There are thousands of golf books, but don't worry, you only need to read a handful of them to up your golf IQ. Here are some top reads:

Short game: *Dave Pelz's Short Game Bible* by Dave Pelz

Mental game: *Golf is Not a Game of Perfect* by Bob Rotella

Mechanics: *Practical Golf* by John Jacobs

Ball flight laws: *The Practice Manual* by Adam Young (only read the first 50 pages)

03.

Practice your short game every day.

You don't even have to spend time away from your family while practicing if you don't have a golf simulator. You can practice putting and chipping on the carpet while watching TV with your family.

Chipping and the bump and run: The only mechanical advice I will give is the most important lesson you can learn in the short game. When you miss your approach shot you must be able to chip the ball within 8 feet of the hole for a one putt. Try this shot from Dave Pelz's short game book. It gets me up and down from 25 yards out to just off the green.



JUNE 2024

events

A SELECTION OF UPCOMING LOCAL EVENTS

JUNE 5TH

Michigan Rediscovered: an itinerary of Michigan's hidden treasures

West Bloomfield Main Library, 4600 Walnut Lake Road | 6:00 PM

Ron Rademacher of Michigan Back Roads Podcast shares a unique road trip of discovery across Michigan, with more than a dozen destinations most travelers have missed. 90 minutes. No registration required.

JUNE 9TH

Go Fish!

Marshbank Park, 2805 Hiller Road, West Bloomfield | 9:00 AM

Join us on our Cass Lake fishing pier, with special guest Mike McKinstry from "The Bassquatch Hunter: Fish Out of Water" providing fishing tips. Win a prize if you catch the smallest or the largest fish!

Newbies welcome. Limited number of fishing poles available. Catch and release of ALL fish. No fishing license needed. Registration required. Goes to 11:15 AM.

JUNE 11TH

15th Annual Greater West Bloomfield Health and Wellness Fair

West Bloomfield Town Hall, 4550 Walnut Lake Road | 11:00 AM

From 11 AM to 2 PM, get free medical, health and wellness information and swag—and learn about health care options to increase quality of life. The fair will also be broadcast on Civic Center TV. It's free to attend.

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- Legacy Planning
- Healthcare & Insurance
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MOUNT CLEMENS

CITY LIFESTYLE™

The *Explore* Issue

JULY 2024
CITYLIFESTYLE.COM

The Wonders All Around Us

Hello, my friends!

Welcome to City Lifestyle's EXPLORE issue, where we offer up guided adventures you can take by yourself or with others. We also share fascinating journeys some of our friends and readers have taken. Exploration invigorates the spirit, enriches the mind, and broadens horizons.

Our first feature takes you on a day trip and an overnight getaway to little-known Michigan gems. You'll see the state's only authentic stone carvings, a house made out of glass bottles (!), and a gravity-defying spot where your car will roll *uphill*.

In "Road Chow," you'll find some tasty snacks you can easily make and take with you on these road trips, or on the walk and hike you'll discover in the pages that follow.

If you're not familiar with the unique and striking art our area offers, our photo essay on Mount Clemens's outdoor art is a stunner. Each page features *trés* cool sculptures crafted by local artists, their work teeming with the vibrant creativity our city is known for. We even call the article "Art City," because I sense Mount Clemens will eventually be renowned throughout the metro area for our commitment to showcasing unique and diverse art.

In a world where stress often outweighs serenity, Clemens's own Susan Laurent, a highly trained Forest Therapy expert, can help you create a profound connection with nature. Susan explains how the simple act of walking through the woods can provide therapeutic benefits, enhance well-being, and instill a sense of peace that's hard to find in the hustle and bustle of urban life.

As you make your way through these tales of exploration, I challenge us all to remember the importance of stepping out of our comfort zones, seeking new experiences, and expanding our horizons. It's not just about the destinations. The journeys are what shape us, challenge us, and ultimately make us better.

So as you enjoy this issue, I encourage you to embrace the spirit of exploration. Let curiosity be your guide. Let adventure be your companion. May these stories inspire you to embark on your own journeys—while you always remember to discover the extraordinary in the everyday.

Warm regards,

KIMBERLY A. JANOWICZ, PUBLISHER
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MOUNT CLEMENS CITY LIFESTYLE™

July 2024

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inside *the issue*

JULY 2024 | EXPLORE



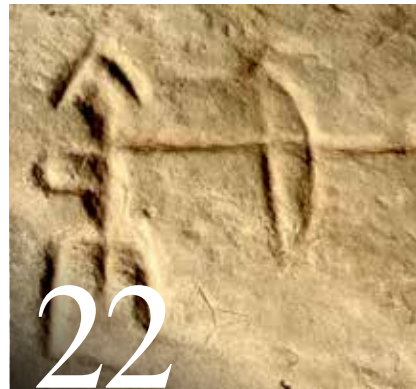
30



26



12



22

Featured

- 12** **Art City**
Explore the uniquely fascinating outdoor art of Mount Clemens
- 22** **“I Go Find Things”**
Enjoy two trips created especially for City Lifestyle by overlooked Michigan attractions expert Ron Rademacher
- 26** **Road Chow**
Fun and creative travel snacks guaranteed to satisfy every taste palate in the family
- 30** **“We Are Nature”**
Renowned massage therapist Susan Laurent now harnesses the healing power of nature with Forest Therapy

On the Cover

Timeless elegance meets power with this sleek, chrome-accented 1939 Chevy Cabriolet Coupe, perfect for eliciting oohs and aahs on a throwback drive through downtown Mount Clemens.

Photography:
Kevin Shea

Departments

- 4** Lifestyle Letter
- 8** City Scene
- 10** Business Monthly
- 12** Artist's Palette ARTS + CULTURE
- 22** Off Road TRAVEL
- 26** Culinary Creations FOOD + BEVERAGE
- 28** Realty Report REAL ESTATE
- 30** Mental Wellbeing HEALTH + WELLNESS
- 34** Events

JULY 2024

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1: Mount Clemens Kiwanis's annual fundraiser, themed 'Bootleggers Ball,' was an ode to our Prohibition history. 2: Mount Clemens Firefighters (front row) Jake Korzenowski, Nathan Townsend, and Jake Piper completed probation and received badges. 3: 'Bootlegger' & Kiwanian Chuck D'Luge took home the bread with his 50/50 raffle cash winnings. 4: Over 75 volunteers participated in the Mount Clemens Beautification Committee's First Annual City-Wide Cleanup. 5: Lightning struck twice when Ryan Trayner won the 50" TV and the Wine Table raffles. 6: Our downtown hosted its largest-ever Made in Michigan Show on Macomb Place and Walnut. 7: The Made in Michigan Show showcased vendors and entertainment for all ages.

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business *monthly*

A ROUNDUP OF NEWS FROM LOCAL BUSINESSES



ASK Psychological Services Opens in Mount Clemens

Dr. Karen Groth is a seasoned clinician with over 15 years of experience, and the owner of ASK Psychological Services in downtown Mount Clemens. Specializing in psychological and forensic assessments, Dr. Groth enjoys helping clients navigate complex issues like sexual wellness, relationships, and legal challenges. Dr. Groth is also passionate about mental health in our military and law enforcement communities, and is committed to mental health education and stigma reduction. Contact Dr. Groth at askpsychologicalservices.com



Scan to read more



First State Bank promotes Amy Persyn to Senior VP, CMO

First State Bank proudly announces the promotion of Amy Persyn to Senior Vice President and Chief Marketing Officer. Amy's ascension underscores First State's commitment to nurturing internal talent. Amy's been First State's Marketing Director since 2018, and an Executive Team member since 2022. "Amy guides with vision," said First State's President and CEO Mark Jansen. Amy will focus on the customer experience, and oversee all marketing efforts.

Visit fsb.bank to find a location near you.



Scan to read more



Leave the Cocktails to the Pros (Not Your Uncle)

Planning a party? Don't count on your uncle to mix the drinks—hire the pros from With A Twist Bartending Service. Since 2006, they've delivered top-notch bartending for events all across Michigan. Their expert bartenders come fully equipped and insured, ready to serve custom cocktails or classic refreshments. Whether it's weddings, corporate events, or casual get-togethers, let With A Twist handle the bar, so you can enjoy your event. For more info, visit twistbartendingservice.com/mi



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ART *City*

Erik and Israel Nordin, "Bonior Tree," on the border of Mount Clemens and Clinton Township, N.B. Gratiot & Wellington Crescent

Mike Sohikian,
"Butterfly Bell"



Explore the uniquely fascinating outdoor art of Mount Clemens

ARTICLE BY MARSHALL ZWEIG
PHOTOGRAPHY BY KEVIN SHEA

If you appreciate art, you could explore a museum exhibition, or visit an art gallery.

Or you could just take a leisurely walk around Mount Clemens.

The art all over town is the result of a partnership between the Michigan Cultural & Economic Partnership (MCEP) and the Michigan Sculpture Initiative. Outdoor works created by local artists are almost everywhere you look.

CONTINUED >

Tom Crimboli, "Sea Serpent Bike Rack (Cecil)"



From Frank D. Blowers's
9/11 first responders' memorial



Marshall Fredricks,
"Bust of John F. Kennedy"

"We saw this working in other communities and we wanted it in ours," says Ed Bruley, MCEP board secretary. "The goal is to bring a better life to the community where we place the art."

Begun in 2018 with 12 sculptures, the project has expanded every year. 34 works are scheduled to be on display in 2024.

The project is a source of pride for Matt Matthews, executive director of the Anton Art Center.

"Artwork throughout our community underscores that art should be accessible to everyone," Matt says. "It serves as a symbol for Mount Clemens: we are a vibrant, engaged, creative community."

Julie Matuzak, MCEP chairperson, says formal tours include conference calls with the sculptors.

"25 people standing around the sculpture [might] have questions," Matuzak says. "They can listen to the artist who created the work talk about it."

One of those artists is Mike Sohikian, creator of two of our featured pieces, "Butterfly Bell" and "Confessions." The project gave Sohikian the feeling of "gratification of successfully completing work that aligns with my vision—which rarely happens."

If you want to be a part of the Mount Clemens art explosion, Bruley says the MCEP is always looking for sponsors. "We welcome businesses and individuals to be a sponsor. If you're a sponsor, you choose a piece of art that becomes a part of the collection."

"Art enhances all areas of our lives," Matthews adds. "The arts expand our knowledge of the world around us."

Simply put, in Mount Clemens, art isn't confined to galleries—it's a shared testament to the power of community. So wander the streets of your city. Feel the creativity that breathes life into every corner. These sculptures are more than just art; they are the heartbeats of a town united by imagination.

For more info: mcepmacomb.com/sculpture



CONTINUED >





Ric Leichliter, "Ladies in Red"



Jonathan Bowling, "Berea"



ARTICLE BY MARSHALL ZWEIG

“I Go *Find Things*”



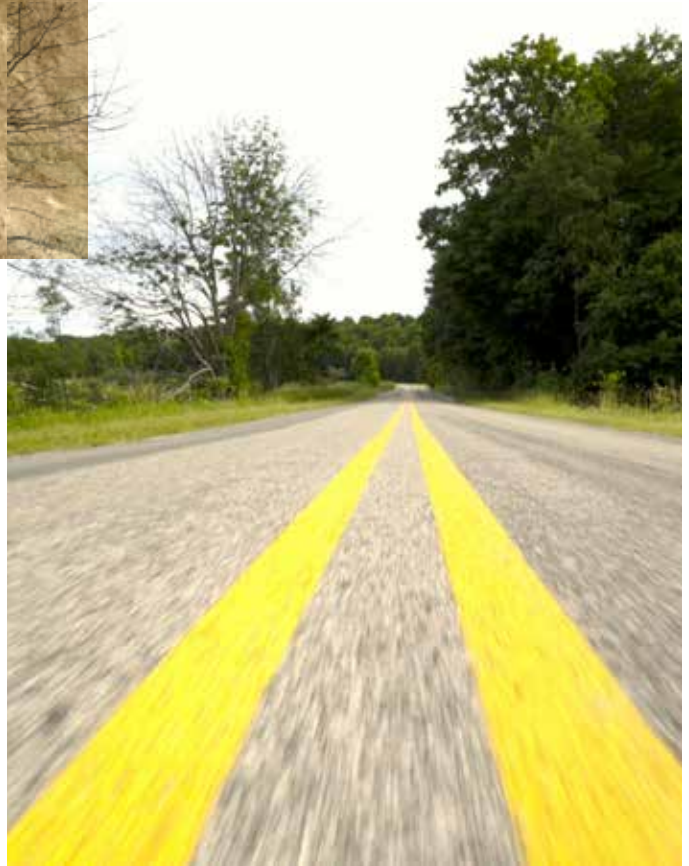
Jonathan Katje, travelthemitten.com

AN EXPERT ON MICHIGAN ATTRACTIONS YOU'VE NEVER HEARD OF,
RON RADEMACHER OF MICHIGAN BACK ROADS HAS CREATED TRIPS JUST
FOR MOUNT CLEMENS CITY LIFESTYLE READERS

Scot Stewart, sundewphotography.com



Sammie Lukaskiewicz,
visitmanisteecounty.com



For three decades, Michigan native Ron Rademacher traveled the arts and crafts circuit. At each stop, Ron found little-known but often astonishing attractions. These unique finds inspired Ron to document the Michigan destinations that fly under most people’s radar.

As Ron puts it, "I go find things."

Ron’s written eight books on Michigan’s unknown treasures; he’s also a virtual travel guide for explorers with his podcast, Michigan Back Roads.

“I like finding things that even the locals sometimes don’t know about,” Ron says. “I go after the things people overlook.”

Ron only has two rules for his out-of-the-way destinations: “it has to be in Michigan and it has to be fun.”

Especially for our readers, Ron’s created a day trip and an overnight trip. Before you head out, though, Ron has just one piece of advice.

“Even if you’re gonna walk 10 feet off a trail, to get a better picture, or you see an interesting rock, make sure someone knows.”

DAY TRIP: Sanilac Petroglyphs

“There were very terrible firestorms in the thumb back in the 1870s, so hot they warped railroad tracks. They came across the thumb so fast that people only had time to run and jump into Lake Huron to save their lives.

"When the fires were over, the winds blew away the topsoil and ashes, and this huge piece of sandstone with hundreds of carvings was revealed. They’re the only authentic stone carvings in the state of Michigan. You’ll spend 60-90 minutes at the site.”

8251 Germania Road, Cass City MI 48726 • (989) 856-4411 • Open seasonally.

trekers.org



CONTINUED >



Jonathan Katje, travelthemitten.com

OVERNIGHT TRIP STOP 1: Gravity Hill Mystery Spot

“This spot always amazes. Keep your foot near the brake pedal. Drive downhill from the church until you nearly reach the curve and can see pine trees on your right. Stop your car, keep your foot on the brake and put it in neutral. Be prepared for a surprise when you take your foot off the brake: my car literally accelerated *backwards* up the hill.

“Illusion or not, I recommend caution.”

Near Blaine Christian Church, 7018 Putney Road, Arcadia MI 49613

OVERNIGHT TRIP STOP 2: Kaleva Bottle House

“John Makinen operated a bottling plant. He noticed the soda pop bottles in his warehouse didn't freeze during winters. Realizing the insulating properties of his bottles, John used a special cement and more than 60,000 bottles to build his Bottle House. On a hot summer day, the 10-inch thick walls keep the indoor temperature a good 10 degrees cooler than outdoors.

“Be sure to visit the small mudroom at the back of the house. You'll find six murals created by elementary school children during the Great Depression. They depict the Finnish story of creation, with dwarfs, princesses, gods, goblins, and a host of other mythical creatures, in brilliant colors that still burst forth. The murals alone are worth the trip.”

14551 Wuoksi Avenue, Kaleva MI 49645 • Open Sat-Sun, 12PM to 4PM, through December.

For more on Ron, visit michiganbackroads.com and upnorthmichigan.com



Sammie Lukaskiewicz,
visitmanisteecounty.com

ROAD CHOW

*A FUN AND CREATIVE
TRAVEL SNACK
GUARANTEED TO SATISFY
EVERYONE IN THE FAMILY.*

ARTICLE BY PAULI REEP

Planning to load up the family truckster and head out on an adventure? This easy-to-pack and satisfying snack is a great way to keep growling tummies quiet while you're behind the wheel. Grab the kids, prepare it together, and try not to eat them all before you hit the road!





BREAKFAST COOKIES

INGREDIENTS:

- 2 cups quick oats
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup peanut butter
- 1/4 cup honey
- 1/3 cup apple butter
- 1 large banana, mashed (1/2 cup)
- 1/2 cup dried cranberries
- 1/2 cup pepitas
- 1/2 cup raisins

DIRECTIONS:

1/ Preheat oven to 325°F. Line 2 large baking sheets with parchment paper.

2/ Combine all the ingredients into a large bowl of a stand mixer (or hand mixer). Mix until all the ingredients are combined and the dough is thick and heavy.

3/ Portion 1/4 cup mounds of cookie dough onto prepared cookie sheets. Use the back of a spoon to slightly flatten out into a cookie shape. (The cookies will not spread in the oven.)

4/ Bake for 16-18 minutes or until the edges are slightly brown. Cool cookies on the baking sheets for 10 minutes, then transfer to a wire rack to cool.

5/ Cover leftover cookies and store at room temperature for up to 5 days or 10 days in the fridge.



ACCLAIMED MASSAGE THERAPIST SUSAN LAURENT'S
ALSO A TRANSFORMATIVE FOREST THERAPIST

“We Are Nature”

ARTICLE BY MARSHALL ZWEIG | PHOTOGRAPHY BY KEVIN SHEA



“

“Forest Therapy is not just reconnecting with the natural world. It’s also about rediscovering ourselves.”

When I ask Susan Laurent her relationship with nature, my question simply does not compute.

“We’re one with nature,” Susan responds. “We’re not separate from it. We are all part of the natural world and the same as any being that’s here on Earth.”

Susan is an award-winning board certified massage therapist, and the owner of Natural Healing Therapeutic Massage in downtown Mount Clemens. Now she’s also an Association of Nature and Forest Therapy (ANFT) Certified Guide. Susan, who already uses Reiki therapy and EFT (Emotional Freedom Technique) to complement her massage therapy, sees Forest Therapy as a uniquely transformative healing modality.

“Forest Therapy is all around us.” Susan looks out her window and points. “I can look at that tree—that’s nature therapy. I could sit and listen to birds and that’s the same thing. Forest Therapy brings you back to what you are. We are nature.”

Susan grew up an outdoor kid in Chesterfield Township.

“I’ve camped at every campground in Michigan, even the U.P. When I was a kid, I ate breakfast and off I went into the woods on my bike, and I didn’t come back until the streetlights came on.”

WHAT DREW SUSAN TO FOREST THERAPY?

“When I’m hiking, I take in the energy and everything that nature offers me. I wanted to start sharing this with people because, ‘Hey, if I’m out here feeling amazing, I can get you out here feeling amazing too,’ because most people do feel separate from nature as opposed to feeling one with it.”

Susan tells me Forest Therapy is inspired by *shinrin-yoku*, the Japanese practice of ‘forest bathing.’ People spend time in forested areas to enhance health, wellness and happiness, and to take a break from the world of technology.

“Nature helps reduce stress hormones and increases levels of white blood cells known as natural killer cells. The phytoncides that trees give off help fight off diseases in the body. There’s really no ailment that nature can’t heal.”

Even though she’s completed 300 hours of Forest Therapy training, Susan seems to be a born Forest Therapist.

“This is who I am. I have a lot of plants in my house. My backyard looks like a park. This morning, I was at a stoplight where birds were chirping and I rolled down the window to listen. I’ve always been in tune to nature.”

Forest Therapy perfectly complements Susan’s award-winning massage therapy practice.

“As a massage therapist, I don’t see much sunlight during the day. I’m in a dark room listening to music. Then Friday through Sunday, I still transform people’s wellbeing—just out there in the sunshine.”

WHAT’S THE DIFFERENCE BETWEEN FOREST THERAPY AND HIKING?

“Hiking is a faster walk, focused on sites, distance and elevations. In Forest Therapy, the walk is a slow pace, at times seated or lying down. The group is stopping and observing the beings around them for periods of time. When I hike with my friends, I’ll say, ‘We’re going too fast—we’re missing everything.’ With slowing down, all of the senses come alive.”

A typical Forest Therapy session lasts two to three hours, while Susan guides you through a series of invitations.

“For example, there’s an invitation called ‘what’s in motion?’ Susan says. “A guest will find a sit spot or slowly move in an area while observing what’s in motion around them: trees, water, an ant crawling, clouds moving, the heart beating. You’d be amazed at what senses begin to come back into mainframe that technology robs from us. The forest is the therapist. I’m just the guide.”

IS THERE A CELEBRATION AT THE END OF A FOREST THERAPY EXPERIENCE?

“We do what I like to call the Mad Hatter Tea Party. We sit around in a circle with fancy teacups and saucers, along with nutritious snacks, and we pour an extra cup of tea to give gratitude to the forest.”

CONTINUED >

BESIDES IMMERSING HERSELF IN NATURE, WHAT'S SUSAN'S FAVORITE PART OF FOREST THERAPY?

"People come in with a mindset of what they think they will experience. I observe them in one state at the beginning, and then I watch as they slow down, observing their surroundings more slowly. I often hear 'I would have walked right past this before' or 'I never noticed this here before.' By the time they get to the end of the walk, I'm hearing, 'This is a great experience. I want to do this again.'"

I ask for one of Susan's favorite success stories. She smiles.

"I took out a group of four ladies and we came across all these logs down on the ground. One of them said, 'When I was a kid, I would have fun running across these logs.' And I said, 'What's stopping you? Go run across the logs. Go be a kid.'"

"All four of them hopped logs and ran around for 10 minutes, and they were so happy because their inner child was expressing, 'I'm playing in the woods again.'"

"I tell my guests at the beginning of our walk, 'I'm your guide but about 10 minutes in, I'm going to turn into a 10-year-old.' I want to be out here playing in the woods. I never want to leave. It's home to me. Being out here is what feels natural for me. Humans have an innate desire and need to be in nature. I'm a human being. There's a tree being, an animal being, a water being, stone being, and numerous other beings. We're all different types of beings, all the same nature."

Susan leads Forest Therapy sessions year-round. Her invitations might change based on the weather, but unless conditions are dangerous, Forest Therapy sessions are not weather-dependent.

For more info about Forest Therapy Immersions and scheduled walks, connect with Susan at awakenindigo.com or through her Natural Healing Therapeutic Massage site, nh-tm.com



JULY 2024

events

A SELECTION OF UPCOMING LOCAL EVENTS

JUNE 28TH

Mount Clemens' Independence Day Fireworks

Clinton River Park on Northbound Gratiot | 7:30 PM

Join us for the Independence Day Celebration in downtown Mount Clemens on Friday, June 28th, at Clinton River Park. Enjoy the River Sight & Sound Concert at 7:30 p.m. with the Spooky Sterling Band. Fireworks at dusk, presented by the Wayne & Joan Webber Foundation and produced by the American Fireworks Company. Boat wells available on a first-come, first-serve basis.

JULY 5TH

Clinton Township Fireworks, Presented by First State Bank

40700 Romeo Plank Road, Clinton Township | 6:00 PM

Come bring family, friends and neighbors to a first-class fireworks show and lots of entertainment. Free pre-show events include inflatables, face painting, and other fun-filled activities. And there'll be lots of food vendors too. Pre-show events begin at 6 p.m.; live concert at 8:30 p.m.; and the fireworks begin at 10 p.m. Shuttle service available. For more info: clintontownship.com/238/Clinton-Township-Fireworks

JULY 12TH, 19TH AND 26TH

Uptown Friday Night Concert Series

N. Walnut Street Main Stage | 7:00 PM

Enjoy free, outdoor concerts on Friday nights in historic downtown Mount Clemens! On July 12, catch the Dave Hamilton Band; on July 19, enjoy Strictly Fine; and on July 26, rock out with the Joe Alan Band. Surrounded by bars, restaurants, and shops, it's the perfect evening outing for everyone!

JULY 20TH

Crocker House Museum's Garden Walk

Crocker House Museum, 15 Union Street, Mount Clemens | 9:00 AM

Get an up-close look at some of Mount Clemens's beautiful home gardens. Start at the Crocker House Museum Gardens for an optional museum tour; then pick up a map leading you through nearby neighborhoods. Advance tickets are \$12 for members, \$15 for non-members, and \$1 extra on the day of the event. Runs until 4 p.m. For tickets, call 586.465.2488.

JULY 26TH

Greggie and the Jets: dazzling recreation of Elton John's classics

Emerald Theatre, 31 N. Walnut Street, Mount Clemens | 8:00 PM

Another of the Emerald's acclaimed tribute bands, Greggie and the Jets catapults you into the heart of Elton John's classic era by recreating the original arrangements, note for note, to reproduce Elton's classic sound. It's a dazzling show full of chart-toppers and deep cuts. Don't miss this energetic Elton-rific extravaganza! Doors open at 7 p.m. For info and tickets: theemeraldtheatre.com

AUGUST 3RD

Historic Commission's 'Race Through Time' event

Crocker House Museum, 15 Union Street, Mount Clemens | 10:00 AM

Teams can register at City Hall starting July 1, until the day of the 'race.' Each team's entry fee is \$20, with no limits on number of teammates. Must have QR code reader on cellphone. Prizes for fastest team, first team to finish, and most Mount Clemens-themed team uniforms. The race lasts 60-90 minutes. Questions? Call Lana Vaughn at 408.568.5462.

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TROY

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The *Explore* Issue



JULY 2024

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Find yourself by losing yourself in exploration this month

We live in an age obsessed with productivity. If you can't calculate time, effort and investment, why do it, right?

I admit I fall into that trap sometimes. On its own, it makes for an unfulfilling life.

So we must leave room in life for exploring, for trying new places, for being a beginner, for getting lost. For being unstructured and open-ended.

As children, we ran headlong into uncharted fields and biked into unknown forests. We explored and our imaginations soared.

We lose that beauty as adults. But it's never too late.

In the last few months, we've really been analyzing how our family operates as a unit and what we love spending our time doing. We did this by first focusing on what we *don't* (or shouldn't) love spending time on. For our family, it's screens. Television, computers, phones. For yours, it may be too many busy weeknights away from home or not enough dinners around the table.

We've noticed that "adventure" doesn't have to be big and crazy. It's as simple as board games together on the patio, walking a new trail or searching for an ice cream shop in a different part of town.

Our hope is this issue encourages you to explore. To discover new places and foods. To lose yourself on a trail or in a book. To create new traditions with your family.

To make time for the things that matter but often come last on the calendar.

P.S. - In that same vein, we're exploring something else: our new editor, Marshall Zweig. We're excited for the inspiration he brings to readers like you every month as, together, we explore the best Troy has to offer.



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inside *the issue*

JULY 2024 | EXPLORE



Featured

- 12** **Wild Walk**
Hiking with Dan Cooke of Expedition Detroit is a crash course in nature appreciation
- 16** **'All Mixed Up'**
Shakshuka, a dish beloved by North Africans and Middle Easterners, is shockingly easy to create
- 20** **Keeping a Promise to Travel**
Cindy Stewart's Central American trip honored her late husband Jeff's last request
- 30** **Vagus Nerve: Your Body's Wellness Connection**
Functional medicine doctor Michael Husmillo creates transformational healing through the vagus nerve

Departments

- 4 Lifestyle Letter
- 8 City Scene
- 10 Business Monthly
- 12 Outdoor Adventure FITNESS
- 16 Culinary Creations FOOD + BEVERAGE
- 20 Travel Journal TRAVEL
- 26 Happy Hour FOOD + BEVERAGE
- 30 Healthy Lifestyle WELLNESS
- 34 Events

JULY 2024

city scene

WHERE NEIGHBORS CAN SEE AND BE SEEN



1: Proprietor Clint Richardson welcomes Ann Percy (Ann Percy State Farm Insurance) to Carrabba's Wine Dinner. 2: Mayor Ethan Baker (center) and City Council at the 2024 State of the City address. 3: Patrizia Jesue, R.D., owner/nutritionist from Nutrition Counseling Center in Troy and Clarkston, sponsors Troy United Football Club. 4: Kiwanis Club of Troy: Raising funds for youth mental health programs at the Troy Historic Village. 5: Greg Kroesing of Embassy Suites by Hilton Troy supports the Blood Cancer Foundation of Michigan. 6: Dan Zech (right), financial planner and co-founder of Stalt Financial, speaks at Troy Chamber's "Meet the Biz." 7: Catherine "Cat" Toone (left), financial planner and co-founder of Stalt Financial, attends Gleaners Women's Power Breakfast.

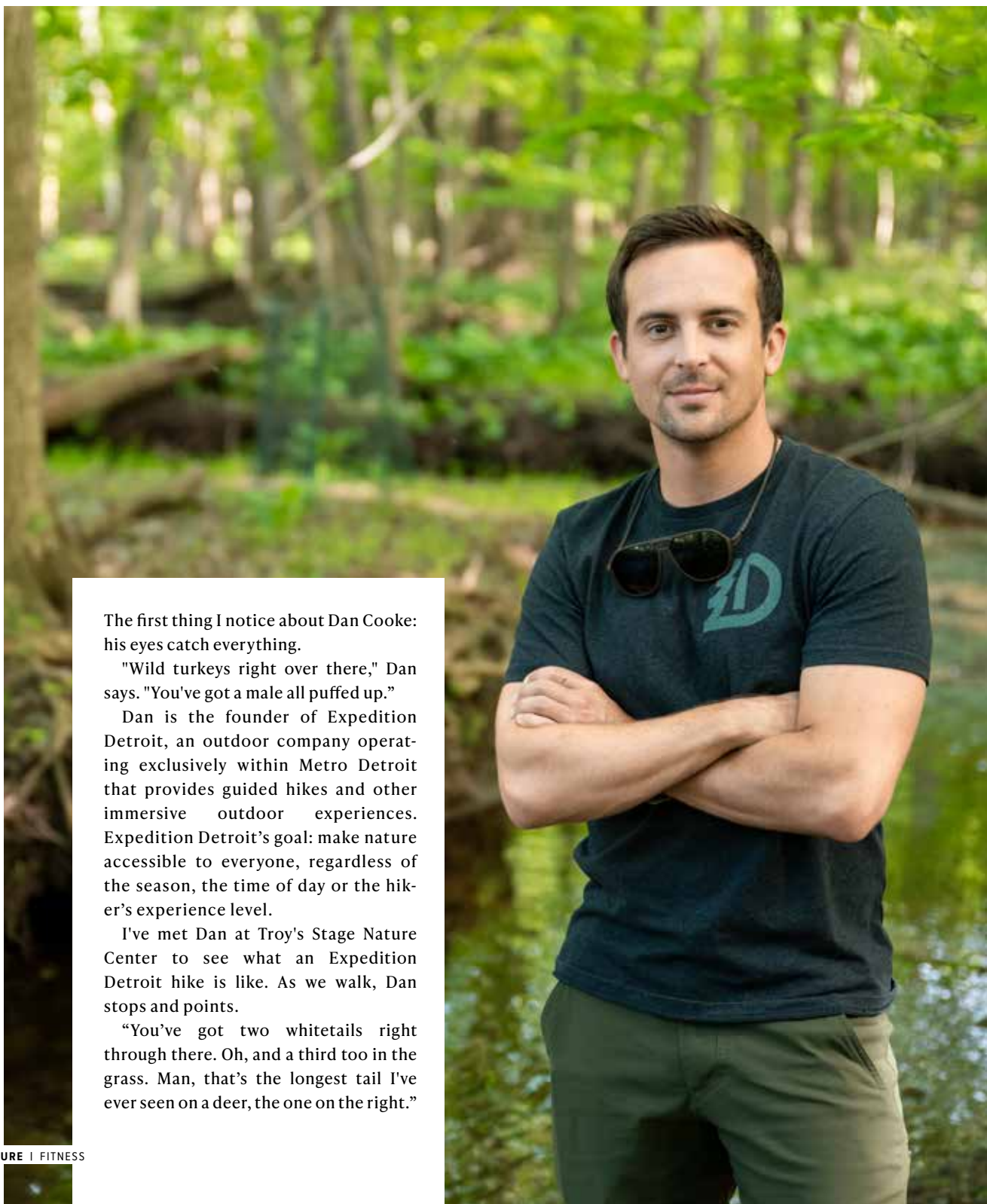
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Wild Walk

ARTICLE BY MARSHALL ZWEIG
PHOTOGRAPHY BY SIMRAN BAJWA

TAKING A GUIDED HIKE WITH DAN COOKE OF EXPEDITION DETROIT IS A CRASH COURSE IN NATURE APPRECIATION—AND A HECK OF A WORKOUT



The first thing I notice about Dan Cooke: his eyes catch everything.

"Wild turkeys right over there," Dan says. "You've got a male all puffed up."

Dan is the founder of Expedition Detroit, an outdoor company operating exclusively within Metro Detroit that provides guided hikes and other immersive outdoor experiences. Expedition Detroit's goal: make nature accessible to everyone, regardless of the season, the time of day or the hiker's experience level.

I've met Dan at Troy's Stage Nature Center to see what an Expedition Detroit hike is like. As we walk, Dan stops and points.

"You've got two whitetails right through there. Oh, and a third too in the grass. Man, that's the longest tail I've ever seen on a deer, the one on the right."

I ask Dan about his keen eyesight.

“Two things have happened as I've spent more and more time in the woods. One is I pick up animals immediately. And the second: bugs, like mosquitoes, gnats—I don't even notice them. Working in the woods this long, you just get used to things flying around your head.”

Dan's passion for the outdoors began in childhood, where he found solace and joy in the woods near his home in northern Virginia. It wasn't until later in life, inspired by tales of adventure from his cousin's extensive hiking expeditions, that Dan fully embraced his love of exploration.

“My sophomore year of high school, there was this computer program where you put in your interests and then it gave you a recommended career path. So I did mine. Number one was outdoor wilderness guide. Number two was park ranger. It's like the machine knew me better than I knew myself back then.”

Expedition Detroit offers day hikes, night hiking 'safaris,' backpacking trips, snowshoeing and guided trail running.

“On a night hike,” Dan says, “you'll potentially see coyotes, birds of prey, raccoons, great herons. And the biggest bucks that I've ever seen in my life in Maybury State Park. We're talking average 10 points, maybe 12. Those things look like elk.”

I wonder, other than quality footwear, what first-time hikers need for an Expedition Detroit hike.

“All you have to do is sign up. Our guides take care of the rest. We provide the equipment, we know the trails.”

I ask Dan what kind of benefits hiking offers. He starts by pointing to his legs.

“See how my ankles are making those little stabilizing adjustments with each step?” Dan answers. “Walking on a natural trail strengthens the micro-muscles in your legs, because it's not a sterile exercise environment. It's not a treadmill. And exercise gives you an autoimmune and cellular boost too.”

“But also mental and emotional boosts, you know?” Dan continues. “If you come out of the woods angry ever, literally ever, then you've done something fundamentally wrong. Being in nature increases your sense of being present, the feeling that you're living a more fulfilled life. The organic sound of nature allows all of your senses to decompress, thanks to the disconnection from technology and the lack of noise. That increases serotonin and decreases cortisol, the stress hormone. I mean, even just looking at the color green inspires creativity.”

Dan stops again.



“There's garlic mustard right here. This is public enemy number one right now in Michigan. A super invasive plant. The only interesting thing about it is it's actually edible.”

He offers me a leaf, warning that it tastes terrible. I actually like it. But I wouldn't have known it was safe to eat. Heck, I would have never even considered eating it.

“So experiences like that, knowledge like that,” Dan says. “Knowledge to make the experience not only physical, but educational and intellectually stimulating. That's what our guided hikes aim to provide.”

I ask Dan what a typical Expedition Detroit experience is like. Dan says he personalizes every hike.

“I start by saying, ‘Hey, this is your hike. If you want to go fast, if you want to go slow, if you want to do yoga for 10 minutes or just forest bathe, this is your experience.’”

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If you saw the safari hat that I brought for our walk, you'd know I avoid hiking. Dan assures me, though: newbies are not only welcome, but encouraged.

"Most of our clients are women in their 20s to 40s, trying to get into the outdoors for the first time. But on one particular hike, I led a guy in his mid-40s. He had always wanted to get into hiking, but never felt fit enough or confident enough. He booked a night hike. His review afterward said, 'Expedition Detroit left me feeling empowered and eager to explore further.' Easily my most impactful experience on the trail. That's what it's all about.

We come upon a fallen tree.

"This is from the storm the other day," Dan tells me. "When trees fall, a new ecosystem is created for all of the micro-fauna, all the animals that eat the decaying wood, use it for shelter, for cover from predators. So it's actually a beautiful thing when a tree falls. Leave it. Nature will take its course."

As Dan and I part ways, I suddenly realize I enjoyed myself hiking. Apparently, Dan's guidance helped nature take its course on me too.

To book your personalized or group hike, go to expeditiondetroit.com/guided-outdoor-adventures or call (734) 821-6416.

‘ALL *Mixed* UP’

SHAKSHUKA, A DISH BELOVED BY
NORTH AFRICANS AND MIDDLE
EASTERNERS, IS SHOCKINGLY EASY
TO CREATE



ARTICLE BY MARSHALL ZWEIG

Hi. I'm Marshall, editor of Troy City Lifestyle. For this 'explore' issue, I wanted an exotic yet simple recipe, so I turned to my wife Heather. She's the kind of spontaneous cook who can grab whatever's in the fridge and, much like MacGyver, turn it into *haute cuisine*. (Which I've gorged on many, many times.)

In keeping with her improvisational cooking style, Heather offered up **shakshuka**, a Tunisian dish North Africans and Middle Easterners often throw together, in the same way Americans throw together, say, an omelet. In this period of conflict, shakshuka is a meal everyone in the region agrees on.

The name *shakshuka* means 'all mixed up,' which indicates how impromptu shakshuka is. And its spontaneity is matched by its ease. Shakshuka uses just one pan. You heard me right: *one* pan. Plus you don't do much cooking: just add the ingredients and let it sit on low heat.

Besides being easy to make, shakshuka is totally customizable, highly nutritious and hits like comfort food. And oh, by the way, it's ready in 30 minutes or less.

Poached eggs in a simmering tomato sauce that's spiced but not spicy, shakshuka is beloved as both a breakfast and a main meal.

Ready to throw it together?

- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes
- **Makes:** 6 servings

Equipment:

- Stainless steel pan

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 teaspoons paprika
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 can (28 oz.) whole peeled tomatoes
- 6 large eggs
- salt and pepper to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Instructions:

- Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion, and cook for five minutes, or until the onion becomes translucent.
- Add garlic and spices, and cook an additional minute.
- Pour the can of tomatoes and juice into the pan, and break down the tomatoes using a large spoon. Season with salt and pepper, and bring the sauce to a simmer.
- Use your large spoon to make small wells in the sauce, and crack the eggs into each well. (Don't worry if the yolks break; it won't affect the taste.) Cook the eggs for 5 to 8 minutes, or until the eggs are done to your liking. You can also cover the pan with a lid to accelerate the eggs cooking.
- Garnish with chopped cilantro and parsley before serving.

Notes:

- If you're not dairy-free, crumbled feta or goat cheese on top is a delicious addition; so are avocado slices. Traditionally shakshuka is also served with pita, to 'mop up' the saucy remains.
- Many photos online show shakshuka cooked in a cast iron pan. The acid in the tomatoes may erode your cast iron pan, so you may get a slight metallic flavor to the dish. To avoid that icky side effect, cook it in a stainless steel pan.
- If you like your meals spicy, add cayenne pepper.
- If you like to experiment, try adding nutmeg the second time you make it.

Nutrition per serving:

Calories: 146kcal | Carbohydrates: 10g | Protein: 7g | Fat: 9g | Saturated Fat: 2g | Cholesterol: 164mg | Sodium: 256mg



Keeping A Promise to *Travel*

MY CENTRAL AMERICAN TRIP HONORING
MY LATE HUSBAND JEFF'S REQUEST



Growing up the oldest of six children, exotic vacations were a rarity for my family. After my father's job transfer moved us from New Orleans to Buffalo, our trips mainly consisted of visits back south to see grandparents. Post-marriage, my husband Jeff and our two sons relocated from Buffalo to Cleveland, then back to Buffalo, and finally to Detroit. Our vacations still revolved around family visits.

Once our sons were grown, Jeff and I ventured out on cruises, several to the Caribbean and one to Alaska—a journey we absolutely cherished. Then came Jeff's health issues, which put our travel on hold for a decade.

Sadly, Jeff passed away in March 2023, but his last wish for me was to embrace life and explore the world. Honoring his memory, I embarked on a series of adventures in 2024, carrying his spirit with me every step of the way.

My journey began with a yoga retreat in February on the lush island of Bocas del Toro in Panama. In March, I found myself in Belize, enchanted by the island of Ambergris Caye. Central America also quickly captured my heart.

But it was Panama City, especially the historic and vibrant Casco Antiguo neighborhood, that left an indelible mark. Dating back to 1673, this charming area boasts vibrant plazas, picturesque brick-paved streets and colorful buildings. Once a battleground for Captain Henry Morgan and his pirates, Casco Antiguo is now a haven for history buffs.

ARTICLE BY CINDY STEWART

The town square, Plaza de la Independencia, is home to the majestic Metropolitan Cathedral of Panama City and the renowned Church of San Jose with its stunning golden altar. Don't miss the Museo del Canal (Panama Canal Museum) and the Museo de la Mola, which showcases the intricate textile art of the Guna indigenous people.

A stone's throw from the town square lies the Central Hotel Panama, a nearly 150-year-old gem. With its unique French-influenced design, this was Panama's first hotel, opening its doors in 1874. The magnificent lobby, where musicians serenade guests each evening, and the rooftop lounge and pool with their panoramic views of the city are both spectacular. The hotel's hot breakfast buffet was a delight, and the plethora of restaurants in Casco Viejo—the heart of Panama City's gastronomy scene—cater to all culinary cravings.

My love affair with Central America continued with a short flight from Panama City to the island paradise of Bocas del Toro. Nestled at the southern tip of Isla Colón in the Caribbean Sea, Bocas del Toro is a haven of pristine rainforests and breathtaking landscapes. Activities abound, from hiking, surfing and paddling to diving, sport fishing and biking.

The wildlife is a spectacle in itself, with monkeys, sloths, dolphins, dart frogs and a myriad of fish, surrounded by lush, almost surreal vegetation. Blessed with both the Pacific Ocean and the Caribbean Sea, Bocas del Toro is a premier surfing destination in Central America.

Our yoga retreat at the Island Plantation, a quaint Bali-style eco-resort on Bluff Beach, was pure bliss. Surrounded by tropical gardens, a serene swimming pool and the BomBom Beach Club, the resort offered barefoot luxury at its finest. The yoga shala and outdoor spa were divine, providing the perfect setting for relaxation and rejuvenation.

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“Jeff’s last conversations were telling me to enjoy life and travel. *So that’s what I’ve been doing this year, taking his memory with me everywhere I go.*”

“Wherever I go, Jeff’s words resonate within me: enjoy life and embrace the world. *In a way, he’s still my traveling companion, as I find solace and joy in the magical beauty of new experiences.*”



Side trips included tours of cacao farms, water taxi rides to Dolphin Bay, and snorkeling at Starfish Beach and Zapatillas Island. The crystal-clear waters and rich history, including rumored tales of Pablo Escobar and Manuel Noriega, made each excursion thrilling.

Panama City and Bocas del Toro offer an exquisite blend of history, culture and natural beauty, making them ideal for a yoga retreat, honeymoon or a tranquil escape.

This trip was only the beginning of my new relationship with travel. And wherever I go next, Jeff's words will resonate within me: to enjoy life and embrace the world. In a way, he's still my traveling companion. I cherish carrying his memory with me as I find solace and joy in the exquisite beauty of new experiences.

ARTICLE BY STEPHANIE HASBROUCK

vacation VIBES

THESE EXOTIC COCKTAILS WILL
TRANSPORT YOU TO PARADISE

Vacation time is just around the corner. We are dreaming of sitting on a secluded beach, sipping exotic cocktails with umbrellas in them. But why wait till vacation to enjoy a fun cocktail? These two easy and refreshing classics will instantly transport you to paradise.



Bay Breeze

INGREDIENTS:

- 2 oz vodka
- 3 oz cranberry juice
- 2 oz pineapple juice
- Pineapple wedge & maraschino cherry for garnish

INSTRUCTIONS:

Put desired amount of ice in glass, add vodka and pineapple juice. Top with cranberry juice. Garnish with a pineapple wedge, maraschino cherry and umbrella (of course).

Piña Colada

INGREDIENTS:

- 1 1/2 oz cream of coconut
- 2 oz light rum
- 3 oz pineapple juice
- Juice of 1/2 lime
- 1/2 cup frozen pineapple
- 1/2 cup ice
- Pineapple wedge for garnish

INSTRUCTIONS:

Blend frozen pineapple and ice for a couple of seconds. Add in the liquid ingredients and blend until smooth. (To make thicker, add ice. Add pineapple juice if too thick.) Garnish with a pineapple wedge.



Vagus Nerve: Body Wellness Connection

MICHAEL HUSMILLO CREATES TRANSFORMATIONAL HEALING THROUGH THE VAGUS NERVE

ARTICLE BY SHELLEY GROH | PHOTOGRAPHY BY SIMRAN BAJWA



You've heard that the gut is your second brain - but have you ever considered how your head and body connect, or better still, how your gut impacts your quality of life?

So many conditions - POTS, dysautonomia, vertigo, fibromyalgia, migraines, chronic fatigue, long-hauler's syndrome, even ADD/ADHD - are linked to your vagus nerve.

It's wild to think about. We go through life with thoughts racing through our brain and butterflies in our belly, without ever contemplating what's going on. And yet this life on autopilot might be derailing our ambitions - and in need of a reboot.

That's where Michael Husmillo comes in. He's a Troy functional medicine doctor and the clinical director of Optimum Chiropractic Neurology Center (ocncenter.com) - trained in the chiropractic field with a specialty in functional neurology.

I have to admit, I've never been to a chiropractor; I'm afraid to crack my knuckles, let alone have my back tuned. But when Dr. Husmillo and I got talking about the vagus nerve, I felt my skin tingling. He might be the best-kept secret to great health, and I'm here for it.

The vagus nerve is the key to linking your brain and gut. It connects everything - brain, heart, lungs, stomach, intestines. What that means is, when this nerve is functioning well, it can improve your brain health, cardiovascular system and gut health.

I don't know about you, but this would eliminate a lot of supplements in my medicine cabinet (not to mention co-pays at the pharmacy) and I would love the boost of energy.

The obvious first question is, "The vagus what?"

Imagine a string running from the top of your head to the root of your abdomen. 'Vagus' is the Latin word for wandering, and the vagus nerve is

the longest cranial nerve in the body, running from the brain to the large intestine. It literally wanders up and down your body, regulating all your internal organ functions - such as heart rate, respiratory rate and reflexes like coughing and swallowing.

We all know what it feels like when these systems aren't functioning right. The good news is that there are ways to stimulate the vagus nerve to help treat a variety of disorders that impact our most important organs.

"I recall a particular child who was nonverbal," says Dr. Husmillo. "The day the mother heard her six-year-old child say, 'I love you' was very rewarding."

He's worked with patients who have Parkinson's to slow down their tremors and helped people with cognitive decline improve their recall.

Dr. Husmillo works with people of all ages and is passionate about preventive care to address degeneration later in life.

"The future is now," he says. "As people live longer, they experience constant decline. There is a lot we can do today to treat disease before it progresses."

I think at this point, we all wish more doctors were experts in this area - especially if it means treating serious ailments without invasive procedures. Dr. Husmillo works to improve the nervous system with a natural and holistic approach. Yet he is often a patient's last call, after they've seen their primary physician and specialists - and they feel like they've run out of options.

People find their calling in a variety of ways. For Dr. Husmillo, it was a mentor early in his education. As an undergrad, he worked with Dr. Marian Diamond, a pioneer in neuroplasticity. Dr. Diamond showed him research she'd conducted with mice that proved if you gave the right stimulation, the brain could change. And then she

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“I recall a particular child who was non-verbal...the day the mother heard her six-year-old child say, ‘I love you’ was very rewarding.”

challenged him to find a field to apply her research – and continue it – to see how it could work with people.

Twenty years later, our community is benefiting richly. Dr. Husmillo took what he learned to another level and has found a way to treat vertigo, ADHD, concussions, young children with developmental disabilities and even stroke patients in recovery.

“I look at why the brain isn’t functioning well,” he says. “People have different conditions; my job is to find out where the challenge is and then work with them to fix it.”

Dr. Husmillo starts with an in-depth examination to fully understand a patient’s current situation. That includes tests for food allergies and organic acids, a comprehensive hormone analysis, a 24-hour neurotransmitter test, an adrenal stress index, and a comprehensive stool analysis.

But Dr. Husmillo’s exam goes much further. For example, just from the way your eyes move, Dr. Husmillo can tell what part of your brain is fatigued. “I look for subtleties,” he says.

Treatment might include eye exercises to improve spinal and brain health, balance exercises and nutritional recommendations.

“People rely too much on doctors and don’t question anything. You *can* get stronger. You *can* stimulate your mind, change what you put in your body and improve your quality of life.”

One fascinating application for Dr. Husmillo’s specialty is with long COVID-19. Because of the way COVID attacks the vagus nerve, it can lead to swelling, mental health issues and heart complications. Dr. Husmillo has seen patients have a chance at a better life through treatment and exercises targeting the nerve.

“We don’t give you meds,” he says. “We get your nerve happy.” His office’s Vagus Nerve Recovery Program, a comprehensive lifestyle, nutrition and brain connection program, is designed to optimize vagus nerve functioning.

The best news is, there are things we all can do to keep our vagus nerve healthy. Get outside in nature – it helps slow the mind down. Turn off electronics and be present.

One of the most surprising methods to stimulate the vagus nerve is a cold plunge. When your body’s exposed to cold water, it triggers the ‘mammalian diving response,’ an inborn physiological response that activates your vagus nerve, slows down your heart rate, and calms you down. While engaging in **cold exposure** may not be the most comfortable, **research shows** it’s an effective way to improve heart rate variability and vagal tone.

Making vibrating sounds has been shown to be effective as well. The vagus nerve is connected to your vocal cords, and to all those muscles at the back of your throat, and it passes through your inner ear. So if you like to hum or sing—or even gargle—you can feel extra good about doing it, because you’re exercising your vagus nerve.

“I call it a vagus nerve lifestyle. It helps with your heart rate, blood pressure and mental state,” says Dr. Husmillo. “My mentor always said that movement is life; that was her phrase. It’s so connected to how we live. If you move more, you’re healthier. And with movement, we can slow down the effects of aging and have more power in our health.

“I want people to know we’re here,” he says. “There are so many ways to understand health, your brain and your nervous system. You *can* improve your overall well-being.”

To talk with Dr. Husmillo, call (248) 885-8463.



ABOUT MICHAEL HUSMILLO: *Michael Husmillo, D.C., D.A.C.N.B., F.A.C.F.N., is a graduate of UC Berkeley, the Carrick Institute, and Life Chiropractic College West. He is a fellow of the American College of Functional Neurology.*

JULY 2024

events

A SELECTION OF UPCOMING LOCAL EVENTS

JULY 4TH, 10TH, 17TH, 24TH AND 31ST

Troy Farmers Market

Jeanne M. Stine Community Park, 241 Town Center Drive. | 3:00 PM

Troy Farmers Market celebrates a new season with a new day and time. Shop local produce plus Michigan-made products Wednesdays from 3 to 7 p.m. You'll find healthy and locally grown food such as fresh and seasonal produce, herbs, flowers, specialty foods and food trucks. Enjoy a relaxing day at the park – and a great place for dinner.

JULY 9TH AND 17TH

Carrabba's 4-Course Wine Dinner

Carrabba's Italian Grill, 600 W. Big Beaver, Troy | 6:30 PM

Prepare your palate for four courses, expertly paired to enhance each sip of wine. Savor authentic Italian flavors, paired with incredible wines. It's truly the best of both worlds. It's also the perfect time to relax with family, friends or co-workers while enjoying gifts compliments of the house. Visit Carrabbas.com or call (248) 269-0095 for details and reservations.

JULY 10TH

Troy Garden Club 49th Garden Walk Plant Sale

Troy Historic Village, 60 W. Wattles Road, Troy | 9:30 AM

Enjoy free admission to the Troy Historic Village while you shop the Troy Garden Club's Plant Sale and outdoor Midsummer Arts & Crafts Boutique. For advance tickets to see the six private Troy-area gardens on this year's walk, plus a bonus venue, visit TroyGardenClubMI.com or call the Garden Club at (248) 765-8088.

JULY 11TH, 18TH, 25TH AND AUGUST 1ST

Theme Days at Troy Family Aquatic Center

Troy Family Aquatic Center, 3425 Civic Center Drive, Troy | 7:00 PM

Join Troy Family Aquatic Center for fun theme days throughout the month of July. Dress for the theme and enjoy giveaways each day. No extra cost with daily entrance. Themes are Jungle Day (July 11); Shark Day (July 18); Winter Wonderland Day (July 25); and Dino Day (August 1). For details, visit rec.troymi.gov or call (248) 524-3514.

JULY 13TH

Troy MidSummer Bash

Troy Community Center, 3179 Livernois Road, Troy | 12:00 PM

To celebrate National Park and Recreation month, the Troy Community Center is throwing a free Midsummer Bash, with a petting zoo, bounce house, face painting, bookmobile, climbing tower and critters from Stage Nature Center. Half-off day passes for Troy residents are available. Visit rec.troymi.gov/midsummerbash for details. No registration required. Rain or shine.

JULY 22ND-23RD

Baker College 2024 Summer Camps

Baker College, 420 S. Lafayette Ave., Royal Oak | 9:00 AM

If your child is going into grades 9-12, keep them learning – and engaged – with Baker College's summer camps, featuring tracks in nursing, technology, business, math, science and writing. Students will love the hands-on activities and small-group activities as they advance their learning. The cost is \$100/student. For registration and more details, email camps@baker.edu