

# Summer royalty ready to promote Armada

by SARA TELLER  
Observer Special Writer

With Armada's Memorial Day celebration under her belt, Miss Armada 2002 Lynette Pinskey has officially begun her year-long duties.

She is excited that she will be promoting and representing her community. After the Memorial Day event that included a hometown parade, Civil War simulation and a veteran ceremony in Willowgrove cemetery, the new queen said:

"The whole thing was really exciting," Pinskey commented, "It was an honor to be a part of such patriotism."

So far Pinskey and her court members Tiffany Osten and Megan DeWolf have been keeping relatively occupied collecting sponsorship money, shopping for dresses, and getting used to all of the newfound attention.

However, with only one parade down and 11 more to go, the young ladies are just starting to get a taste of what's to come.

"It doesn't seem like we've been overwhelmingly busy so far," Pinskey stated, "but I have a feeling that things will really start to pick up later this month."

Some other area parades in which they will be participating include the Michigan Peach Festival in Romeo, the Richmond Good Old Days, and the Capac Summer Festival parade. Their season will come to a close with the HollyDays parade



Miss Armada Lynette Pinskey (center) and her court, Megan DeWolf (left) and Tiffany Osten.

(Photo by Sara Teller)

back at home in December.

And they will be present during the Armada Agricultural Fair in August and the Armada Applefest in October.

"Those are the two events I'm most looking forward to," Pinskey said.

Overall, Pinskey said she is just excited to be representing her com-

munity and acting as a positive role model. She hopes to be able to meet a lot of people, build lasting friendships, and gain more self-confidence.

Becoming Miss Armada had been a life-long ambition, starting when she attended the pageants as a little girl. Now 18, this hometown queen has finally fulfilled her dream.

Pinskey is an active participant in

her church's youth group, a member of the Armada Varsity softball and basketball teams, president of Armada High's Student Senate and her senior class, a member of the National Honors Society, and a D.A.R.E. role model. She is also involved with Project Care, a charitable organization in which she feels is one of the greatest aspects of Armada.

She lives in Richmond Township with her parents, Mike and Brenda Pinskey, and younger brother Brandon.

In the fall, Pinskey will be attending Michigan State University's James Madison College with a focus on political science and a desire to earn her teaching certification.

Osten, also a senior at Armada High, commented, "the reason I had tried out for this year's pageant was to be able to partake in one last high school event."

She will be attending Central Michigan University in the fall as a member of Central's Honors College. She hopes to pursue a degree in psychology and earn her secondary education teaching certification.

Osten is a member of the National Honors Society, and the Macomb Mathematics Science Technology Center, and involved with Project Care.

DeWolf works at Juliet Chocolates in Romeo. She is a junior at Armada High School, a member of the

(See ROYALTY on Page 6-C)

## Royalty . . .

(Continued from Page 3-C)

Armada basketball and equestrian teams, the National Honors Society, S.A.D.D., the P.A.L. Leadership Team, the National Beta Club, and a HOBY representative. DeWolf also attends the Macomb Academy of Arts and Sciences, and plans to study law at the University of North Carolina upon graduation.

"This has been a good chance to

get more involved with my community and not just with school-based activities," she stated.

The Armada Agricultural Fair board and A.C.T.A. are sponsoring the young ladies in all of their events, along with the additional sponsors they have been given responsibility for obtaining.

Capac resident Kelly Strunk is serving as the ladies' chaperone.



# Program puts focus on God instead of self to lose weight

by SARA TELLER  
Observer Special Writer

Can one actually lose weight by diverting their energy away from food and toward God instead?

Gwen Shamblin and thousands of participants in her Exodus Out of Egypt weighdown program seem to think so.

This religious-based program was founded in 1993 as a weightloss solution for people of all ages who were fed up with unsuccessful attempts at "fad" diets.

With its nondenominational membership, the program focuses on universal Biblical concepts, and emphasizes the importance of God over food. Volunteers offer to head local sessions across the globe, either in their community's church or in their own homes.

Bruce Twp. resident, Kathy Sanrope, decided to undergo the weightloss plan for a second time by starting a discussion group this past May in her home on Ebeling Road. In an attempt to mentor other locals in the program, Kathy follows a series of videos, cassette tapes, scriptural readings, and take-home assignments available by order through the Exodus company. Each is designed to motivate individuals to eat smaller portions of food less often by allowing God to control their appetites.

The sessions extend over a period of 12 weeks, taking place every Thursday at 7 p.m. Each meeting opens with

a prayer and a weigh-in, that gives a collective total of how many pounds the group has lost. This is followed by an hour and a half video, a brief discussion of personal aspirations and successes and a closing prayer.

"My only hope is that everyone involved will continue to attend each week, stick with it, and reach their own weightloss goals," said Sanrope.

Members of Sanrope's discussion group include Shelly LaLonde, Sylvia Cambell, Sally Etleron, and Eric Krause. Together they are undergoing their first attempts at the Exodus program as each new week brings more and more weightloss success.

"The program helps me to reline my priorities," Etleron said. "It takes the focus off of food and puts it on to God where it should be."

Though some might be skeptical of this unique approach to weightloss, many have truly found success by following the method correctly. Sanrope herself lost 10 pounds the first time she had become involved with Exodus in Utica in 1999, and even convinced her daughter to join and lose weight as well.

"The plan may seem unbelievable, because you don't have to starve yourself," said Cambell. "But by allowing this freedom, it keeps one from focusing so much on food. If we are constantly thinking about food, we're going to eventually give up and binge."

LaLonde agreed. "The program works because you actually want to follow it. There are no taboo foods. You just have to allow God to tell you when you're hungry, and not the clock. It's about breaking the habit of thinking you need to eat all the time."

Exodus Out of Egypt is designed to bring individuals to their "God-given" weight. Therefore, those who are underweight and those suffering from eating disorders are also encouraged to join. Many members become involved to alleviate certain illnesses and ailments as well, as they strive for a healthier lifestyle.

"I am most looking forward to bettering my health and lowering my chances of developing hereditary-based diseases such as diabetes," said Cambell.

Overall, the program's more individualized, relaxed, in-home atmosphere continues to attract participants all over the world. Its religious focus sparks the curiosity of many individuals who have tried everything on the weightloss market without success.

Founder Gwen Shamblin suggests turning away from man-made solutions and instead put faith in God to obtain lasting health goals. She based her program on the concept of one's body as being "a temple of God" that he created and can help us change.

"I'd definitely recommend Exodus," said Krause. "With its focus on God over food, and casual environment, the pro-



Kathy Sanrope prepares the video for her class to see during one of her regular sessions. (Observer Photo by Sara Teller)

gram is truly unique."

Participants are encouraged to join the 12-week program as many times as they'd like in order to achieve their goals. With the support of fellow participants, their own religious faith, and Shamblin's videos and cassettes, many find themselves reaching these goals and then coming back to continue beyond them. Sanrope is only one example.

For more information on the Exodus Out of Egypt Weightdown Workshops, visit the company's website at [www.wdworkshop.com](http://www.wdworkshop.com).

## Adult students need reading help

Macomb Literacy Partners urgently need help. Adult students are waiting for reading help.

Many new volunteers are needed to work two hours a week with adults on basic reading skills or with adults learning English as a second language. Free training is provided.

A Volunteer Orientation meeting will be held 6:30 p.m., Wednesday, July 31, at the Macomb County Library, 16480 Hall Road west of Garfield, Clinton Township.

Persons interested in becoming a volunteer tutor in the Macomb Literacy Partners program or learning more about the program are encouraged to attend.