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<http://detnews.com/article/20100902/LIFESTYLE05/9020313>

## Good stuff

*KATE LAWSON*  
*The Detroit News*

### One good class

The school year is here, so before you get too busy, stop by for a lesson in natural foods from 1-3 p.m. on Sept. 12 at Whole Foods Market, 7350 Orchard Lake Road in West Bloomfield Township. Whether you're feeding growing brains or trying to make life easier during a hectic week, these back-to-school ideas are sure fuel for whatever reason.

### One good giveaway

Kids aren't the only ones who hate to see the summer end -- think of the teachers. Just Baked, a specialty cupcake shop, has done just that and is declaring Sept. 10 as Teacher Appreciation Day. All day on Sept. 10, teachers can receive a free Just Baked cupcake of their choice. Teachers must show a school ID to receive the cupcake at the following locations: Ann Arbor: 2463 A West Stadium; Livonia: 33309 Seven Mile, Royal Oak: 32828 Woodward Ave., and Novi: Twelve Oaks Mall (2nd level near Nordstrom) 27500 Novi Road.

### One good store

The Seattle-based premier retail cooking shop, Sur La Table, will open its newest store on Sept. 10 in the Somerset Mall in Troy. This will be the first Michigan location to have a cooking class program. Classes begin on Oct. 2 and will be led by Chef Lisa Woodward, who will kick off the season with Gluten Free Baking, Thai Cooking 101, French Bistro Cooking and a Gnocchi Workshop. Other courses planned for October include Classic Sauces, Dinner Party 101, Cupcake Workshop, Midweek Meals Made Easy, Satisfying Soups and Stews, Baking Workshops, Simple Comforts, Autumn Celebration and Essential Knife Skills. Believing in the importance of giving back to the community, Sur La Table established a national partnership with Feeding America in 2004. Regional support is provided to the Gleaners Community Food Bank of Southeastern Michigan.

### One good gadget

The Pampered Chef always seems to come up with something I figure I can't live without, and the products are clever and affordable. At a recent Gleaners event, I discovered the latest must-have -- a driplless pourer/stopper for wine. The double lip design ensures driplless pouring and the snug stopper allows you to store opened wine on its side without leaking. It's an attractive addition to your wine collection or makes a super hostess gift, plus it's dishwasher safe. Look for it at [pamperedchef.com](http://pamperedchef.com) or call (810) 623-0161 for a catalog; the price is \$10.