

# Farmington Observer

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## Vietnam vets pack for D.C. tribute

By Craig Plechura  
staff writer

Most Vietnam veterans simply want someone to say thank you to them for serving their country during a difficult era.

A tribute many feel is overdue takes place this week in Washington during a national Salute to Vietnam Veterans ceremony highlighted by Saturday's dedication of a controversial \$7-million memorial.

The V-shaped memorial is made of polished black granite inscribed in gold with the names of 57,692 Americans who died in Vietnam and 2,500 who are missing in action. An estimated 150,000 Vietnam veterans and their families are expected to participate in ceremonies which begin Wednesday and last through Sunday morning in the nation's capital.

Many Detroit-area Vietnam veterans are car-pooling their way to Washington to participate in the first and probably last reunion for those who served in Vietnam.

In the years since the war ended many veterans have concluded that the war was a mistake but almost all believe they deserve some type of tribute. The ones who can't make it to Washington say, for the most part, they'll observe the occasion at home.

"I'LL PROBABLY go to the bar, and have a couple drinks on it," said Jerry Wallace, 53, of Berkley, Wallace was in Vietnam from 1969-70 in the Mekong Delta.

"We'll celebrate — something like

that. I know four friends from the Army who live around here. We run into each other each other fairly often. Every Veteran's Day we all go out and get drunk."

Phil Gannia, a member of the De-

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troit chapter of the Vietnam Veterans of America (VVA), is heading to Washington with other veterans. A 33-year-old unemployed resident of Redford Township, Gannia is currently being re-trained as an engineer studying at the Detroit Engineering Institute under an extension of the G.I. Bill.

The memorial, he says, is late in coming "but I'll take it." The nation owes all of its veterans thanks, he said.

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## What is happening for historical week

By Craig Plechura  
staff writer

Detroit area Vietnam War veterans who wish to participate in this week's Salute to Vietnam Veterans in Washington D.C. are on their own in terms of transportation.

In checking with various veterans' groups, none contacted knew of any buses running to the nation's capital to observe the reunion that all Vietnam soldiers have been invited to attend Nov. 10-14.

Fred Collet, post commander of the VFW Post 2269-Broadhead in Farmington Hills, said members of his organization will mark Veteran's Day by passing out Pledge of Allegiance coloring books to first-graders and flags to

second-graders at St. Fabian School in Farmington Hills.

Collet said he supports the national memorial for Vietnam veterans. He said VFW members welcome Vietnam veterans but only 10 have joined the post out of 250 members.

The only group heading en masse to Washington ceremonies is the Detroit chapter of the Vietnam Veterans of America. The group is car-pooling its way to Washington by traveling in a caravan of cars and vans.

Persons who wish to join the convoy should call George Salfy, vice-president of the Detroit chapter of VVA at 756-0004 or the group's president, Jack Devine at 521-5251.

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# Experts clash on youth physical education

## Public route gets doctor's low marks

By M.B. Dillon Ward  
staff writer

Physical educators spend too much time "playing games" and not enough time educating students for a lifetime of fitness.

"It's bull," said Dr. Joseph Arends of Troy about the physical education program in the Farmington School District.

A cardiologist and fitness expert, Arends is providing exercise and nutritional guidelines for Junior America, a Farmington Hills fitness center for children, at 12 Mile and Orchard Lake.

He said Junior America, opened eight weeks ago by Ed and Carol May of Farmington Hills, offers what schools should but don't.

"I know of nothing like it anywhere. It's a pioneering adventure I'd like to support."

NON-COMPETITIVE AEROBICS, exercising, jump-roping, aerobatics and nutritional counseling comprise the curriculum which Arends said schools should be offering but aren't.

But the district's 26 full-time physical educators and its program are a source of pride for Jack Cotton, director of physical education for Farmington schools.

"We've been a leader for a number of years. When I arrived here over 20 years ago, one of my first moves was to initiate full-time elementary school phys. ed. teachers. Nationally, 60 percent of our schools can't say the same," Cotton said.

"I TRY TO control my rage when I hear statements like that," said Arends.

"Ask physical educators what percentage of their kids are fit, and I would guess they can't tell you."

Farmington students are monitored for physical fitness with tests the district has established. Generally they are based on the number of exercises such as pull-ups and sit-ups that children can perform within a given time.

But at Junior America, the Mays plan to install a treadmill to test children for fitness. The ability to run the

**"What they don't do is devote any classroom time to exercise physiology — teaching about resting pulse, heart rate, blood pressure and cholesterol levels. The other thing that's neglected is self-esteem."**

— Dr. Joseph Arends

equivalent of two miles in 16 minutes would qualify as a healthy level of physical fitness, according to Arends.

IN GRADES K-3, Farmington students are taught basic movement skills including walking, skipping, hopping, jumping, and sliding as well as rhythmic activities, said Cotton.

They are then introduced to team and sport concepts through relays and running.

In grades four and five, students play sideline soccer (in which children take equivalent of two miles in 16 minutes would qualify as a healthy level of physical fitness, according to Arends.

"We continue dance and rhythmic programs and begin hitting cardiovascular activities like running and skipping rope in third, fourth and fifth grade," Cotton said.

"Through middle school, the emphasis is on team and individual sports skills: bow to pass and catch and beginning track. There's a strong emphasis on physical fitness."

In sixth grade, jogging and swimming are introduced. High school students take physical education classes for two of three years.

Arends sees little merit in the program.

**"WHAT THEY don't do is devote any classroom time to exercise physiology — teaching about resting pulse, exercising pulse, heart rate, blood pressure and cholesterol levels,"** said Arends, an avid runner.

"The other thing that's neglected is self-esteem.

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Jonny Kim is one of thousands of children throughout the United States who are joining in the youth fitness craze.

## Clerk improvises to save evening

By M.B. Dillon Ward  
staff writer

For Farmington Hills' City Clerk Floyd Cairns and his staff, the bleary-eyed end to Tuesday's election didn't arrive until 7 a.m. Wednesday.

"I've got news for anyone who says bypass operations are no good," laughed Cairns who twice has been operated on for blocked arteries at the Cleveland Clinic. "Somehow you just keep awake. It's enough to drive you nuts."

If problems with the computer hadn't arisen, "we could have been home by midnight," he said.

For reasons that still baffle Cairns and election workers in Southfield, Pontiac and Sterling Heights, ballots weren't flowing smoothly through the computer.

blame for Farmington Hills' frustrations, Cairns suspects.

To combat the culprits, he ran home for a hairdryer (as did election workers in Chicago) hoping hot air could dry the ballots and facilitate their flow through the machine.

No such luck. And to add to the complications, no one at city hall knew how to turn on the building's air conditioning unit.

STOP-AND-START BALLOT counting continued until 3 a.m. when city workers learned that West Bloomfield's votes were tallied and its machines working.

"We moved everything down there and got done running the accuracy tests about 7 (a.m.)," said Cairns, who election day logged 150 miles visiting all 24 precincts to coordinate the election.

"It was about 8:30 or 9 (a.m.) by the time I got back from Pontiac (to deliver the ballots) and fell into bed. I don't even remember lying down. I fell asleep."

The city clerk, by the way, guarantees election results are "100 percent accurate."

SIXTY PERCENT of Farmington Hills' electorate exercised its right to vote, including 5,022 absentee and 9,450 straight-ticket voters (5,798 Re-

publicans and 3,652 Democrats).

The turnout was a little heavier than

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### FIRST DAY!

T. Burch placed an Observer & Eccentric "Household Goods" classified ad to sell a freezer and twin bed frame. "Sold freezer the first day! The second item sold as well."  
**Remember...**

One call does it all!



591-0900

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