



YMCA instructor Kay Burns shows her students how to bend and bounce away those unwanted curves.



Yoga instructor, Karen Farkus, assumes one of 12 term-up postures.



Irwin Foldman strains to get his back up and keep his feet down in a Y physical fitness class.

# It's a heave-ho and 'Y' puts you in shape

By HOWARD RONTAL

Imagine a small group of preschool children sitting on the floor in tiny poses like yoga. But they don't know yoga exercises. They are having a wonderful time. The same exercise is repeated by the older children, then by the teenagers, and finally by the adults.

That's the idea of the Farmington Area YMCA.

The Y has come a long way since 1941 when a small group of young men gathered in Farmington, Conn., to start a club. They called it the Farmington Area Y.

Today, even the Farmington Area Y, which serves Farmington, Farmington Hills, West Hartford and New Britain, has a budget this year of \$200,000. And it has 150 full-time staff members.

There have been many developments this year and those estimates that in 1979 10,000 different people will use the Y's facilities before the year ends.

**THE PEOPLE** at the Y have to provide themselves with a lot of things. The people of the community and the Y have to provide themselves with a lot of things.

In the coming year, they will offer the usual physical fitness classes, tennis, basketball, swimming, tennis and horseback riding. They also will offer yoga courses, baby dancing, preschool, family and family counseling sessions and Family Focus.

Although it would look strange in the sign in front of the building, the YMCA is not a religious organization.

The Y is a non-sectarian and non-denominational. They want to attract the community as a whole. The Y is a place where everyone can find something to do.

Y staffers said Hoover, believe in God and Jesus Christ. But they don't want to say that. They want to say that they are a place where everyone can find something to do.

Besides, he said, the Y is a place where everyone can find something to do. It's a place where everyone can find something to do.

The message of the YMCA is humanistic. It's the golden rule. It's the golden rule. It's the golden rule.

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DAVE HOOVER

small children and adults, and a strong self-image," said Hoover.

On all YMCA literature, the arm of the Y has been shown in a triangle. The triangle stands for the Y's motto: body, mind and spirit.

**Y INSTRUCTORS** are a group of individuals who teach the mind, body and spirit.

When Hoover was a young man, he was a person in a lot of trouble. He was a person in a lot of trouble.

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ROSEMARY PULICK

But when Hoover says he wants the YMCA to be a place where everyone can find something to do.

When a staffer decides to make a career in the YMCA, he enters the Career Development Program. In those two weeks, the staffer is given a heavy dose of communication skills, including sex, body training, community analysis and help with a head for such administrative tasks as financial control and goal setting.

After a two-year internship and college degree, the staffer gets the YMCA version of a shop class and becomes a staff member.

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Some kids get into trouble. Some kids get into trouble. Some kids get into trouble.

When we see abuse, we see abuse. When we see abuse, we see abuse.

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that they are interested in and either help them themselves or find someone else can. The Farmington Area Y is getting the Family Focus because Hoover sees a need for it and because he is trained to help the young.

Yoga for preschoolers was Mrs. Pulick's idea. On a trip to Canada, she discovered that Canadian school children practiced yoga as devotional as basic body movement with a little philosophy.

But much of the Y's programming is self-included. Hoover said they would like a Bible study class if the community expressed the need.

**TO MAINTAIN THEIR** used based public support, the Y is aggressively recruiting and non-denominational. There was a Billy Graham poster on the front door recently because the Graham evangelists came and asked for the space.

But the Y would accept a poster from the Knights and Temple Beth El also, said Hoover.

A "trashathon" is the latest thing the Farmington Y came to making a political statement, said Camping Director Ralph Drake. The Y organized kids who got their

to pay them for trash pickup in an area. The money was used to buy and plant trees on the land they cleared.

Individuals do have political sympathies, of course, and the Y indirectly reflects them.


Mrs. Pulick is pleased that if of the 63 YMCA professionals are women.

The camping program is designed to instill an appreciation of nature, said Drake. That may not be a formal stand on ecological questions but it does help shape the values of individual participants.

On gay rights, Hoover said merely "I don't think it's any of our business."

The Farmington Area Y has tennis facilities and space, mainly at the Sarah Fish or Home and the Mercy College Center.

Staff photos  
by Harry Mauthe



# Turkey

## SHOOT

Marksmen, try this one for size. The Livonia Mall's world famous turkey shoot starts Tuesday, November 16. Hit our turkey and see what happens. Fun for the whole family.

**Livonia Lawyers Wives  
USED BOOK SALE**  
Saturday, November 20 Chatham Court

November 18, 19 Thursday and Friday  
University Dorvin  
Convalescent Home  
Booth, with handcrafted items  
November 20, Saturday  
Organization to Rehabilitate and Train  
will sell puppets  
November 21, Sunday  
Bovier de Flanders  
will be showing these dogs  
At all times  
Shrine Booth with tickets for  
the North-South football game

**LIVONIA MALL**

7 Mile at Middlebelt  
Open Daily 11 a.m. - Sunday Noon 11 a.m.

