

# Nature, vandals waging war against graveyards

For the men of the Farmington Hills Department of Public Works, the graveyard shift means more than working nights.

Their job as caretakers of area cemeteries places them in the position of protecting a part of Farmington history against the encroachments of time, nature and vandalism.

From quiet Quaker Cemetery to historic East Farmington, the crews work among the reminders of past settlers.

Workers in East Farmington Cemetery pass by one of the first graves to be dug in newly settled Farmington. It belongs to Mrs. Stanford Utley, who died two days after her family traveled to the area in 1824.

More observant maintenance men keep an eye out for the half hidden markers behind the Quaker Cemetery. They belong to members of the family who first settled in the area near Gilly Road in Farmington. In the early

1800s, it was fairly common for families to bury members on their own property.

THE AREA usually was marked by a natural feature of the land, such as a tree or large rock, according to Farmington Hills City Clerk Floyd Cairns.

Tending graves has given some members of the DPW a continuing respect for the areas.

"It's a revered place," said Dave Jones, superintendent of Farmington's DPW.

His department tends Quaker and Oakwood cemeteries. Unlike Quaker, which is left unvisited and largely ignored by vandals, Oakwood shows signs of spring activity.

Part of the reason for Oakwood's activity is its prominent location on Grand River and Shawwassee.

Vandalism is a problem in Oakwood, as in Farmington Hills' cemeteries. The large monuments marking the graves of old Farmington families

offer a temptation for vandals to kick down the headstones.

Of the \$9,000 Farmington has budgeted to maintain its gravesites, about \$4,000 is earmarked for repairs.

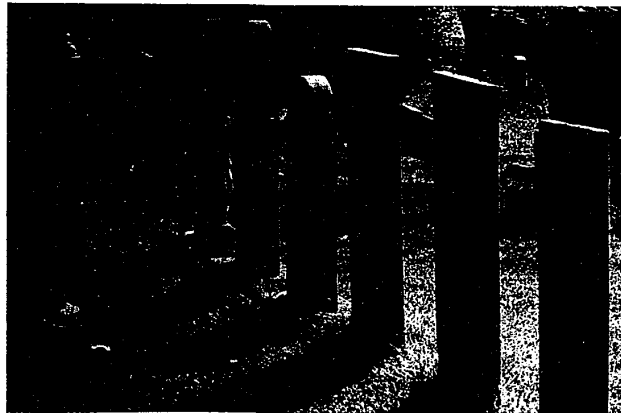
"Vandalism is done by people who want to destroy what someone else cherishes," said Jones.

Although vandalism costs are a headache to the DPW, Jones sees the late '70s as a time when cemetery destruction is on the wane.

"IT WAS heavier in the '60s. Youth was hostile, rebellious. Now the mood of youth is different," he said.

Vandalism also takes its toll on burial grounds in Farmington Hills. Unlike Farmington, the Hills has outlawed tombstones in favor of headstones in its cemeteries.

In addition to easing the headache of trimming the grass around the standing monuments, the push to install the flat markers eliminates one of the vandals' prime targets.



Grave markers, such as these, are becoming a sign of the past. Maintenance cost and vandalism are causing more and more cemeteries to resort to markers which lay flat on the ground.

## Esoterica vanishes from exercise

Exercise can be practical.

That's the word from Col. James Anderson, author of "The West Point Fitness and Diet Book." Anderson, director of the school's physical fitness program, advocates simple exercises that maintain a healthy body tone without reaching into the esoterics of advanced body building.

Anderson was on tour of the Farmington area speaking about his new book.

His style for practical exercise is something most persons can work into their daily schedule with a little effort, he said.

In addition to a 15-minute morning program Anderson advocates taking less advantage of such conveniences as elevators. Instead of riding up a short flight, Anderson runs up the stairs two steps at a time.

Handball, tennis, racquetball and some weight lifting are incorporated into the routine.

INSTEAD OF advising that people exercise to gain Charles Atlas proportions, Anderson counsels using simple exercises to maintain a healthy form.

"I'm a real believer that everybody could have a better life, a healthier life, a more vibrant life, if they main-

tained a basic level of physical fitness," said Anderson, 45.

In order to maintain a basic level of fitness, people don't have to swear off their favorite food or give up having fun, according to Anderson.

Cigarette smoking is the only taboo Anderson makes.

"That really has to go," he said. While he insists that exercise can be a practical addition to the workday, he also demands the exerciser realize that a commitment is needed for the program to work.

"I object to books which preach that you can exercise without sweat or effort. There is a price you have to pay. You have to make a commitment," he said.

Once the commitment to physical fitness is made, Anderson also suggests that some persons will have to redefine the way they view healthy body tone.

"People have the impression that you are physically fit or unfit," he said.

"THEY VIEW it as a dichotomy. It's not. It's a continuum," he said. The high point on the continuum is the professional athlete with the low point occupied by the person who is

near death, according to Anderson.

To determine where a person should fall on the continuum, the exerciser should consider his reasons for wanting to be fit.

Everyone should strive to be at least on a level which allows for maintenance of muscle tone, according to Anderson.

Private programs are necessary even for school age youngsters, according to Anderson.

Organized programs such as baseball teams and gymnastics reach only a small percentage of the school population.

Among the ones the programs are missing are students who will grow into adults without ever considering physical fitness a vital part of life.

This benign neglect combined with society's tendency toward discouraging women's activities in sports results in girls missing some of the skills boys develop early.

Girls lag behind boys in such skills as throwing and catching. Boys who are discouraged from learning the same skills find themselves in a similar position later on in life.

BOTH find it more difficult to pick up missed skills as they grow older.

There's psychological pressures. They're embarrassed they didn't learn

how to do that earlier," Anderson explained.

Since skills learned in one sport helps the player to pick up another game, the lack of early training helps discourage non-participation.

Timing is another skill that is difficult to perfect if it is missed in early childhood, according to Anderson.

School teams overlook children who need exercise but are too unsure of themselves to try out for the group. With larger schools through consolidation, teams which once served a goodly portion of the student population are now reaching a smaller percentage, according to Anderson.

Provisions such as Title Nine, designed to funnel money into women's sports programs, are guilty of the missing women students who are not strongly athletic, he said.

IN THE CASE of women's sports, there is more at stake than just developing proper timing or learning to throw.

Teamwork, which boys learn at an early age becomes part of a woman's life later, said Anderson.

Women grow up in an atmosphere that stresses individualism. Later, in business they are forced to adapt to a different kind of situation, according to Anderson.



Col. James Anderson advocates jogging as a practical, simple way to maintain body tone.

## Teacher turns coach for young writers

Mary Wildt is a prize-winning coach.

Instead of sports trophies, the Power Junior High English teacher has a classfull of award-winning writers to speak for her ability.

And now, the skills which helped her students sweep Scholastic Magazine's national writing contest have earned Mrs. Wildt recognition for her ability to help young writers hone their skills.

Part of that recognition includes an electric portable typewriter embellished with her name on a plaque. The magazine awarded it to her after choosing her one of the outstanding English teachers in the country.

But for Mrs. Wildt, her most treasured prize is the knowledge that she can steer young writers toward recognizing their own abilities.

She has yet to consider shucking the coaching role and trying for her own career in writing.

"Sometimes the people who are the best coaches are the ones who don't write well," she explained.

HER CAREER as an English teacher began about five years ago when she made the transition from substitute teacher to full-time staff member.

During her first year in handling the accelerated English courses, Power Principal Robert Brown handed her a stack of entry forms, which she assumed were part of the class.

She's been passing along those entry forms to her students ever since.

The contest fits into her philosophy of teaching writing.

"You learn writing by doing," she said.

Her students divide themselves into small groups and critique each other's papers. It helps them to learn to spot such details as definitions for unusual terms used in the papers as well as the more mundane requirements like topic sentences.

After trying their skills at personal opinion essays, arguments and short stories, her students are ready to enter the local contest which leads up

to the magazine's national competition.

After rewriting their essays, students submit them for final approval to Mrs. Wildt.

"If they get an A-plus, A minus or B on the assignment, they have to rewrite it for the contest. That's the only way some will enter the contest," she said.

ALTHOUGH students have placed in the contest during other years, this year's sweep astonished Mrs. Wildt.

"Even in my wildest dreams I didn't dream of anything like this," she said.

"I don't know what hit us. It was sheer luck," she said.

This year's winners included Power students Mike Russo, who won \$50 first place prize; Amy Long, who won the \$25 second place award; and Kate Weller, who received \$10 for fourth place entry.

On top of those national awards, the class chalked up four honorable mentions. Mark DeMott, Scott McDougall, Barry Saeed and Ann Sorenson received certificates of achievement.

Her coaching achievements stay with Mrs. Wildt when she is at home. Her daughter Carol, 18, a University of Michigan-Dearborn, student, has been picked by her instructors as a promising young writer, according to Mrs. Wildt.

"She writes better than I do," Mrs. Wildt confided.

In addition to Carol, Mrs. Wildt and her husband, Maurie, a vocal coach at Harrison High School, have a son, Larry, 14, and daughter Bonnie, 20.

Whether they're members of her family or part of her classroom, Mrs. Wildt has the same feelings for her children.

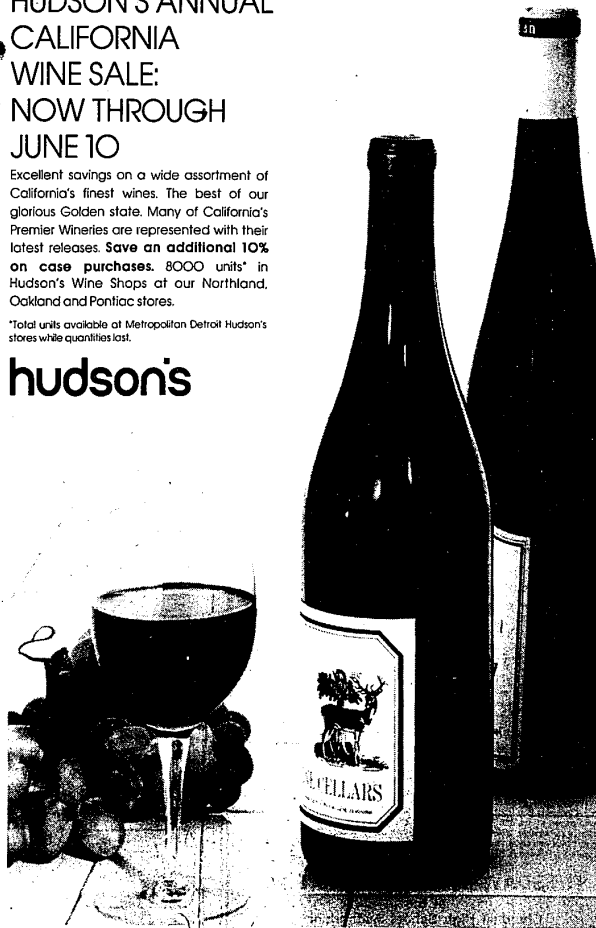
"I'm proud of all of them. Not just the winners, but all of them," she said.

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## Mayors will exchange during state's week

Michigan Week will find mayors all over the state switching cities and shaking hands.

On Monday, Farmington will welcome the mayor of Plainwell, James Higg. He and his wife, Sue, will join Plainwell city council members Doral-dyne Sachs and Harley Pallett in touring the city.

The head of the city health department, Thurl Cook, department of public works Supt. Dale Cook, and assistant superintendent James Lamson, also will visit.

Farmington officials visited Plainwell, near Kalamazoo, last week.

In Farmington Hills, Mayor Jan Dolan will be entertaining Royal Oak Mayor Rocky Lewis and his wife, Vivian, on Tuesday.

They will be accompanied by Royal Oak City Mgr. William Baldrige and his wife, Louanne.

AFTER A 9 a.m. meeting, the group will tour the city. Mayor Dolan will visit Royal Oak on Thursday as part of the mayor exchange.