

# Police waging gutsy war against bulging waistlines

Police officers should be careful they don't make pigs of themselves at the dinner table.

That's the edict from the Farmington and Farmington Hills police departments. Instead of maintaining the image of a fat smiling cop on the corner, the departments are favoring slim, sleek patrolmen.

But area departments are laying claim to being in better physical condition than their California colleagues. A recent study conducted in that state

showed that the prisoners are in better shape than their police escorts, according to Farmington Public Safety Lt. John Santamoro.

Another study conducted by the Police Chiefs Association and the White House Council on Physical Fitness came up with similar results—the nation's crooks are in better shape than its cops.

**PAUNCHES ON** the nation's police doesn't surprise Farmington Hills

Police Lt. Richard Niemisto. "Police reflect society," he said. "And let's face it, America is overweight."

While both departments will admit to a small number of pleasantly plump personnel, spokesmen also divulged that there are subtle ways of making them slim down.

"You can't legislate what a guy's going to weigh. You have to show that objections to his weight are job related," said Niemisto.

"If a police officer is overweight and still does his job up to snuff, then we would have trouble mandating a weight loss," he said.

However, neither department is above admitting that peer pressure can be used as a form of weight control.

"There is peer pressure to keep appearances up," said Santamoro. "And we emphasize appearance. Being overweight is not conducive to

looking neat in the tapered uniform shirts we wear."

Although Farmington's Public Safety department doesn't have any weight requirements, doubling as a fire department tends to keep its men in shape.

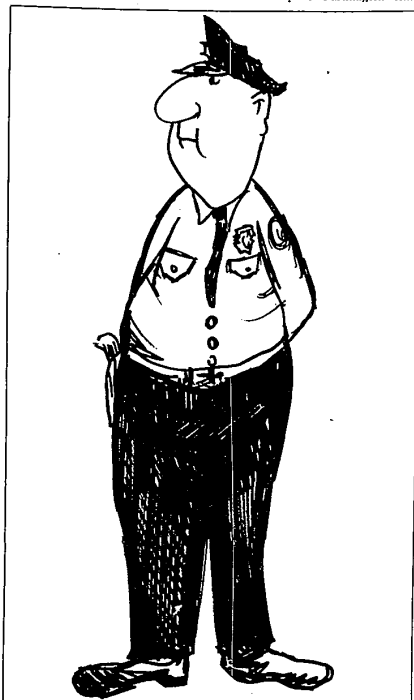
**LIKE ITS** counterpart across town, the Farmington department relies on stringent agility tests to weed out the unfit during hiring, according to Santamoro.

Farmington's tests require the candidate to run a 20 yard stretch five times in 40 seconds.

Bi-annual evaluations also help the departments draw the line on waist expansion.

In order to keep in shape, police personnel have resorted to some traditional solutions—baseball teams and health clubs. Karate and racketball are also favored for weight watching.

Even police officers like to have fun when they're marshalling calories.



Police are fighting the battle of the bulge along with the usual assortment of wrongdoers. In addition to being crime stoppers, the men in blue are concentrating some effort into becoming fatstoppers.

## Board nibbles at school lunch bids

By LYNN ORR

Farmington elementary children who opt to buy lunch at school this fall may be eating pre-packaged frozen food.

All students in Michigan will be able to give up their brown bags to purchase lunch in school under a state mandate that takes effect in September. In Farmington, the district dropped the elementary lunch program several years ago, while retaining a lunch program in secondary schools.

Now it's up to the Farmington School Board to decide what kind of lunch the district will provide to comply with state law.

Last week the board took a look at one of the options up for consideration—pre-packaged frozen product to be heated in one central location and distributed among the 16 elementary schools. A committee headed by William Prisk, assistant superintendent of finance, is recommending the district select that type of program, available through the Morton Co.

The board sampled the federal Type A meals provided by Morton Co. representatives. The board snacked on pizza, hot dogs, hamburgers, spaghetti, chicken and fish entrees that would be offered under the program. Based on projected costs, the district will sell the lunches for 60 cents, according to Prisk. The meals qualify for federal reimbursement to the district of 14½ cents per meal.

**BUT WHILE** the cost figures look like Farmington won't end up picking up the major share of the tab, the program itself was scrutinized by several board members.

Newly-elected trustee Janice Rolnick, a nutrition teacher at Oakland Community College, expressed concern about the nutritional aspects of the program.



Gordon Voss (right), director of technical services for Morton Co., explains the pre-packaged frozen food program currently under consideration by the Farmington School Board. From left (seated) are

trustees Dr. Mervyn Ross, Helen Prutow, Richard Wallace, and Lynn Nutter, assistant superintendent of secondary education. Supt. Lewis Schulman is standing. (Staff photos by Harry Mauthe)

After taking one bite of the apple- sauce that came in the sample lunch, she put down her fork.

"Sugar," she said. "Why can't the food be packed in their natural juices?" she asked Morton representatives Michael Bates and Gordon Voss. "I feel our meals are nutritionally sound," said Voss, director of technical services. In response to queries from Ms. Rolnick about surveys questioning the nutritional value of the food, Voss replied that the food industry was "fair game" for surveys conducted by laboratories.

"We stand behind our program," Bates said.

**THE BOARD** will vote on a recommendation from Prisk's committee to adopt the pre-packaged frozen food program at the July 10 board meeting. Although Prisk said that a quick decision was not required by the food com-

panies, the district itself would have to decide soon what kind of program to offer.

"If we're not going to go with this concept, we have to gear to another," he told board members.

A survey conducted by his committee indicated that about one-third of the parents whose children currently bring lunch would continue to bring lunch when a program is offered. Nearly all of those surveyed indicated that they would want their children to remain in school during noontime is lunch was available to be bought. The survey also indicated that parents prefer a hot lunch program.

Suggestions made by the parents during the survey that sampled about 4,300 parents included: "advance monthly menus;" "food must be nutritious;" "It would have to be better than the junior high lunch;" "no liver;" and "a waste of taxpayers' money."

Parents also suggested reasonable prices; absence of preservatives and additives; ethnic dishes; and disapproval satellite (central location with distribution) programs.

Morton Co. currently sells its program to 10 school districts in Michigan, Bates said. In response to a question he said the company was negotiating with "a lot" of districts in preparation for the fall deadline for lunch programs.

Retiring trustee Anne Struble expressed her wishes that the district refrain from encouraging students to buy lunch.

"A home-packed lunch is just as good and nutritionally sound as these that are eaten in," she said. "It would not like to see the district encourage kids to go home and ask their parents if they can participate in the lunch program."



Members of the Farmington Hills Police Department who have been promoted to inspectors receive their new ranks from John Nichols, director of police. In line for their

new commissions are: Lt. Miri J. Spencer (left), Lt. Thomas Godwin, Lt. Richard Niemisto and Nichols. (Staff photo by Harry Mauthe)

## Hills police reshuffle

In a major reshuffling, the Farmington Hills Police Department has reorganized the department into three bureaus and appointed new inspectors for each.

Promoted from lieutenant to inspectors were Miri Spencer, to head the operations bureau; Richard Niemisto, to supervise the administrative and special services bureau and Thomas Godwin to head the communication and record bureau.

The appointments were made by Police Director John Nichols who announced the changes June 30. The reorganization is Nichols' first move in revamping the department since he took over last year.

Spencer's main duty will be to coordinate operations between what were known as the patrol, traffic and detective bureaus. Each of the former bureaus will now be designated as divisions.

He will maintain records of these divisions, deploy the field forces, and ensure that proper support functions are maintained.

The operations bureau will be responsible for accident investigation and the accident records through the traffic division.

The commander of this unit shall also function as a staff advisor to Nichols.

Niemisto's duties will include overseeing the juvenile and auxiliary police divisions as well as the SPOT unit (Special Patrol Operation Team), a plain clothes undercover unit.

Additionally, he will be responsible for assisting in the administrative functions of the department, procurement, budget, personnel, planning and internal investigations and other duties as assigned. He also will function as a staff advisor to the director of police.

Godwin will oversee the records and identification division, dispatch division and property division.

His duties will include providing support to the other elements of the department and being responsible for guidelines of a reporting procedure.

Godwin also will prepare statistical reports and will be responsible for safeguarding and maintaining department and evidence property. He also will serve as a staff advisor.

THE COAT DRESS—REVIVED.

A SIMPLISTIC STATEMENT

IN TWO-TONE JERSEY FROM

BON MENAGE BY GIL AIMBEZ.

Doubled up: one long length of acrylic/wool jersey, neatly buttoned down the front. With a change of tone on the sleeves and inset. In twig with this. Misses' sizes. \$90. In The Woodward Shops at Hudson's Northland.

**hudson's**