

At 83, Holda Crooks is climbing mountains

By PATRICIA LaCROIX

"And, of course, you have to stop and rest every once in a while. At least I do."

Holda Crooks may say this, but frankly, it is hard to believe her. At age 83, it seems that she hasn't taken much time at all to rest.

Holda, after all, runs between two and three miles each day, six days a week. She has climbed the tallest mountain in the U.S. — Mt. Whitney in Alaska — once a year for the past 17 years.

You could say she gets around. Holda was "just passing through" the Detroit area to visit friends after taping the "Good Morning, America" show in New York city. She stopped in at Plymouth-Salem High School last week "on the chance that the kids would be interested" in her story.

They were. FOR THREE consecutive class sessions, room 2510 was jammed with students and teachers — sitting on chairs, sitting on the floor — all there to listen to her story.

Her plain black stretch pants belie her flamboyant personality; her blouse with orange, pink, Kelly green, yellow and purple strikes closer to home.

She talks mostly about the importance of health and the role proper diet and exercise play. As a child, she says, she got regular exercise playing with her brothers.

"I grew up on a farm in western Canada. It was a matter of survival of the fittest, because there weren't any

doctors or hospitals nearby," she recalls. "If you got sick, they carried you by ox team to the nearest one."

She talks at length about her childhood — how she used to play with her brothers, how all the games they played were "running games," how it used to be great fun to pull the tail of a new calf and be dragged along for a free ride.

"Regular exercise is the most important thing," she claims. "But it is important that you like what you do, too. If you say 'I'm gonna do this exercise if it kills me,' well, maybe it will."

She shrugs her shoulders. The teens in the crowd look as if they don't quite buy what she is saying, but keep listening anyway.

"I never thought when I was your age that I would ever be old. I thought my parents were always as old as they were, that I would be, too. Not so."

As for herself, she gets regular exercise through jogging, a hobby she began when she was 70 years old.

"I've fallen four times in the past 12 years. But I never really hurt myself. I guess I bounce pretty good."

ORDINARILY she says that she doesn't recommend jogging for older people because they have a tendency to just skim the surface of the pavement and trip over small rises in the surface.

At first, she says, she would only jog in the evening, because it was darker then and no one would see her. Now, she jogs early in the morning.

She is awake every morning by 5:30.

and out jogging by 6 a.m. After the early morning, she says, she carries some out and make everything too smelly."

This exercise is only a warm-up to the big event of the year, climbing a mountain in Alaska. Slides of a recent trip show of her experiences on the mountainside.

One of the biggest joys, she says, is knowing all the names of the flowers and trees along the way.

On her trips, she carries a walking stick. This is to steady herself, she says, so she doesn't fall.

"If I fell, it would be because of old age. If you fell, it would be because of an accident," she says, pointing to the

audience. "I don't need that."

Along the trail up the mountainside, she says, there are many streams to be crossed. Generally, there are rocks in the water or logs stretched across it for the hiker to use. Sometimes, people sit by the shore, waiting for someone to fall in.

"They get especially excited when they see an old lady on the trail. But I haven't amused them yet by falling in," she smiled.

The people the trail are always friendly. Most of the hikers are young and they "bat their eyes" when they see Holda on the trail.

What a surprise.

SC forums probe ballot proposals

Public forums to examine nine of Michigan's Nov. 7 ballot proposals will be held on five consecutive Thursdays at Schoolcraft College.

The Oct. 5 forum will bring tax-cut amendment author Robert Tech to the community college campus at 1800 Haggerty, Livonia. The forums will start at 7 p.m. in the Liberal Arts Theater at the south end of campus.

All forums are open to the public.

Besides the Shiawassee County drain commissioner, the headline speaker will be Tom Gorton, Wayne County chairman of Taxpayers United for Tax Limitation, boosting the so-called Headline plan.

Other participants will be: Mary Dumas (R-Livonia), Wayne County commissioner; Gerald Duma, school district lobbyist; W.H. Nikkel, vice-president for business and finance of Oakland Community College; Charles P. Sturt, vice-president for business and finance of Wayne State University; a representative of the Michigan Education Association, parent organization for teachers unions; and State Rep. Robert Law (R-Livonia).

Other forums and their topics will be:

• Oct. 12—Transportation department and funding (Proposition M) and the voucher proposal (H).

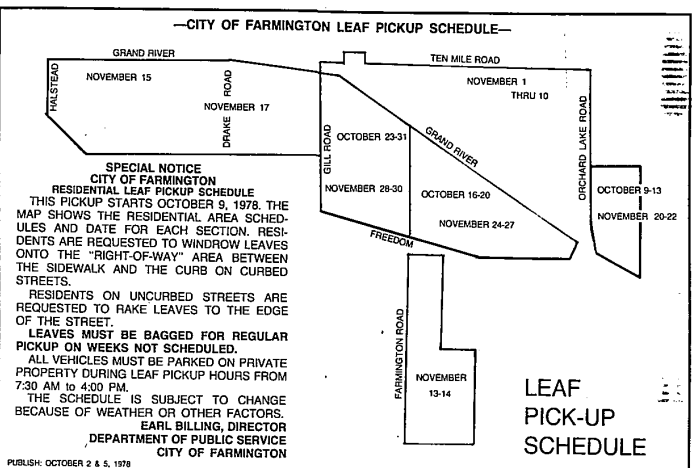
• Oct. 19—Constitutional convention (A).

• Oct. 26—Denial of bail (K) and mandatory sentencing and parole reform (B).

• Nov. 2—Raising the minimum drinking age (D) and state trooper bargaining (G).

Save energy

When buying major appliances, such as a refrigerator or an air conditioner, do not make your choice on price alone but take into consideration the probable cost of running the device during its expected lifetime.



Schuler's
the grate steak
Fun, Food & Spirituality

Ha'Penny
604 West Maple Avenue West Bloomfield
Weeknights to Remember...

ENTERTAINMENT
Tuesday from 7pm
Get a 20oz. Mug to keep—cheap!
Happening—Oct. 3

Get Lucky Every Wednesday From 7pm
WHEEL of FORTUNE

from 7pm Thursday
ERA ...in the right spirit
Nite ...in the right place
...in the right glass

Happy Hour
Monday thru Friday 4-7 pm
Attitude Adjustment Period...

MORE
Memorable weeknights to come...
Watch for Them

ADVERTISEMENT FOR BIDS

OWNER: Farmington Public Schools
3500 Shawwassee
Farmington, Michigan 48004

PROJECT: Roof Repair
Farmington Public Schools
Farmington High School
O.E. Dunkel Junior High School

ARCHITECT: Ralls-Hamill Architects, Inc.
3300 Schoolcraft
Livonia, Michigan 48150

PROPOSAL TO BE SUBMITTED:
General Contract - Roofing

DUE DATE AND PLACE
Proposals will be received at the Board Offices, 3500 Shawwassee, Farmington, Michigan 48004, addressed to: Mr. William Priek, until the following time:
3:30 P.M., Monday, October 2, 1978

ISSUE OF DRAWINGS AND SPECIFICATIONS
Drawings and specifications may be obtained at a Job Meeting at the Farmington High School at 3500 Shawwassee at 9:00 A.M. on Friday, September 22, 1978.

DEPOSIT: \$25.00 per set
Deposits will be refunded in full, providing the drawings and specifications, including any addenda, are returned in good condition within fifteen (15) days after the bid opening.

LOCATION OF PLANS
Drawings and specifications will be on file for bidding reference at the Architect's office, Dodge Reports and Builders & Traders.

RIGHTS OF THE OWNER
The owner reserves the right to reject any and all bids and to waive any informalities therein.

MS. EMMA MAKINEN
School Board Secretary

Publish: October 2, 1978

BEFORE CARVING a turkey or ham let the meat stand for twenty or thirty minutes. The meat will slice easier and thinner. Looking for money to help with the most bill—read the Observer & Eccentric Classified Ads.

REGISTRATION NOTICE
FOR
GENERAL ELECTION
TUESDAY, NOVEMBER 7, 1978

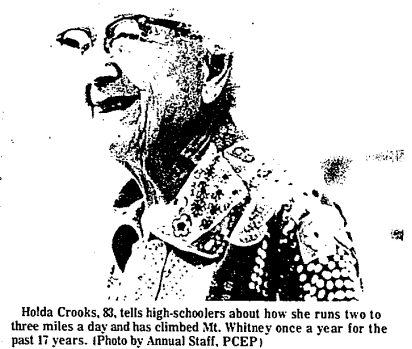
To the Qualified Electors of the CITY OF FARMINGTON HILLS (Precinct No. 1-24) COUNTY OF OAKLAND, STATE OF MICHIGAN

NOTICE IS HEREBY GIVEN THAT I WILL BE AT MY OFFICE
Tuesday, October 10, 1978
Last Day
From 8 o'clock a.m. until 8 o'clock p.m.
The 30th day preceding said Election
And on Saturday, October 7, 1978 — 8 a.m. to 5 p.m.
As provided by Section 498, Act No. 116, Public Acts of 1954 As Amended.

For the purpose of REVIEWING the REGISTRATION and REGISTERING such of the qualified electors in said TOWNSHIP, CITY or VILLAGE as SHALL PROPERLY apply therefor.
The name of no person but an ACTUAL RESIDENT of the precinct at the time of registration, and entitled under the Constitution, if remaining such resident, to vote at the next election, shall be entered in the registration book.

FLOYD A. CAIRNS, City Clerk

Publish: October 2, 1978



Merry Mart features handcrafts, lunch and designs by Rompollo

The Christ Child Society will bring its annual fundraiser, Merry Mart, back to Southfield's Raleigh House Tuesday, Oct. 10. The society is dedicated to children in need, regardless of race or creed.

The day begins at 10 a.m. when numerous booths will be filled for shoppers, carrying flower arrangements, handmade needlework, and a variety of crafts members work year around to create.

Lunch is served at noon, followed by a fashion show, when Dominic Rompollo will commentate on the clothes he has designed for B. Siegel.

Rompollo is a New York Seventh Avenue designer from whom Rosalynn Carter chose a number of outfits for her inaugural wardrobe.

Since she has returned to his salon for other clothes, Rompollo has created both day and evening fashions in "Rosalynn green."

Guests will see some of the Rosalynn green numbers along with a group of daytime clothes done in vibrant-color wool jersey, trimmed with his signature rib-knit.

Black and white houndstooth wool

and beige, white, and black blanket plaid wool turn up with the black rib-knit touches. White and purple are colors he uses for both day and evening wear, though for evening, black is the dominant color.

THE CHRIST CHILD Society, based at 15751 Joy, Detroit, exists to help restore some of the happiness to children that has been lost through poverty, by neglect, or a learning disability.

It was established in 1912 as a non-profit association of lay volunteers and now operates the Christ Child House, the Christ Child School, and distributes layettes to babies in needy families. It also operates a summer camp for underprivileged and a day care nursery.

Members think of Merry Mart as a fun project as well as a fund raiser which establishes an outlet for the volunteers' handicraft talents.

Shoppers are invited to browse, free of charge.

Tickets for the luncheon are \$12.50 and are available by calling 663-8173.

Mrs. Thomas Hughes is general chairman for this year's Merry Mart.

CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING

October 19, 1978
8:00 P.M.

Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a Proposed Amendment (Renaming Request No. 28-2-78) which would rename part of the Southeast ¼ of Section 8, City of Farmington Hills, County of Oakland, State of Michigan, being more particularly described as:

Section 8, S.E. ¼ N.W. Corner of 12 Mile and Farmington between Farmington and Drake Roads, on the north side of the street, lot No. 1 of Kendallwood Subdivision.

This property lies at the Northwest corner of 12 Mile and Farmington Roads. The above-mentioned request would rename the above-mentioned property from its present RA-1, One-Family District classification, to OS-1, Office Service District classification.

The Proposers in this matter are Halls Johnson and Tom O'Connell who seek this renaming in order to put up an office building.

Any person who is interested is invited to participate in the discussion of the proposed zoning change. Blueprints and maps and zoning texts may be observed at the Farmington Hills City Hall on any business day between 9:30 a.m. and 4:30 p.m.

FRED HUGHES, Chairman
City of Farmington Hills Planning Commission

Publish: October 2, 1978

CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING

October 19, 1978
8:00 P.M.

Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a Proposed Amendment (Renaming Request #28-2-78) which would rename part of the Southeast ¼ of Section 2, City of Farmington Hills, County of Oakland, State of Michigan, being more particularly described as:

Part of the NE ¼ of Section 2, beginning at pt. of Int. S. 1078.18 from E ¼ corner, thence N 60° 50' 00" W along city line of Northwinn Highway 405.72 ft. to Th S 00° 23' 00" E 692.82 ft. Th S 88° 41' 00" E 348.22 ft. Th N 0° 05' 00" E 135.04 ft. Th N 88° 31' 00" E 158.03 ft. Th 30° 02' W 108.00 ft. to beginning, containing 5.81 acres more or less.

This property lies at the Southwest corner of Middlebelt and Northwestern Highway.

The above-mentioned request would rename the above-mentioned property from its present OS-1, Office Service District classification, and RA-1, One-Family Residential District classification, to OS-1A, Office Service District classification.

The Proposer in this matter is Siegel/Puomala Associates, who seeks this renaming in order to put up an office building.

Any person who is interested is invited to participate in the discussion of the proposed zoning change. Blueprints and maps and zoning texts may be observed at the Farmington Hills City Hall on any business day between 9:30 a.m. and 4:30 p.m.

FRED HUGHES, Chairman
City of Farmington Hills Planning Commission

Publish: October 2, 1978