

# Culprits return founding father

By MARY GNIEWEK

Alexander Hamilton is back home and 400 employees of the Farmington Hills insurance company which bears his name are glad.

The 125-pound bust stolen from a pedestal in front of the company's headquarters eight or nine days ago was returned undamaged Wednesday night.

It was unveiled in a courtyard ceremony Thursday afternoon while employees cheered.

An employee's Christmas fund — used to help needy persons during the holiday season — was enriched by \$500 as a result of the theft and return.

The bust was returned by unknown parties in a surreptitious maneuver worked out by Vernon Lunn, company vice president.

"It appears the bust was taken as a fraternity prank," said Lunn. "We are extremely pleased to have it once again in our possession. Lunn had advertised a \$500 reward for the safe return of the bust and a promise not to prosecute the culprits.

He received an anonymous phone call Wednesday afternoon from a frantic-sounding man who said he wasn't interested in collecting the reward, but only in returning the bust.

Lunn surmised that widespread media attention may have influenced the caller's decision to surrender the life-size bust.

To work out a discreet return, Lunn arranged for a company van to be parked in front of the insurance company headquarters near a construction site Wednesday night with the doors open.

The caller was to put the bust atop a quilt in the back of the van and close the panel doors, a sign that he had completed his task.

THE MISSION was accomplished between 8:15 and 8:30 p.m. Lunn said he left a sign inside the van which said "Thanks — Please close the door."

"I'll bet they cased the place three or four times before they stopped," Lunn said.

Since the caller refused the reward, the company chose to donate the \$500 to the employees' Christmas committee, which provides help to senior citizens and needy families during the holiday season.

Accepting the cash from Lunn on behalf of the committee was chairwoman Elinore Simblest.

The money, of course, came in \$50 denominations which bear the likeness of none other than that famous late 18th century lawyer, legislator and U.S. Secretary of the Treasury, Alexander Hamilton.

Despite the success with its elusive bust, Hamilton Life, located near 12 Mile and Farmington roads, is still out two giant American flags stolen in the past three months.

A 12 by 15-foot flag was lifted from a pole in front of the company last summer, followed by the theft last month of an 18 by 25-foot flag from a pole which faces the I-696 freeway.

Those flags have been replaced with others.

"We still don't have a clue about the missing flags," said a company spokeswoman.



Alexander Hamilton, or more specifically a bust of the founding father, was returned to its rightful home last week, the Alexander Hamilton Insurance Co., after having been abducted by some pranksters. (Staff photo by Randy Borst)

## Kids Day balloons make their landings

Those helium-filled balloons released on July 23 have finally returned to earth.

The balloons, with post cards sealed in plastic bags, were released as part of Kids Day at the Farmington Community Library. As reported by the kids, one of the farthest distances traveled was by John Oros's balloon,

which went to Sterling, Ontario, 150 miles east of Toronto.

Four other balloons landed in Canada. Lisa Short's balloon went to Amherstburg, Ontario; Patrick Imus's traveled to Essex, Ontario, outside of Windsor; Adam Sheehan's balloon was found in Bellville outside Windsor; and Melissa Shewell also had a balloon land in Ontario.



Raymond Talka uses a kneading machine to prepare strudel dough at Earnest's wholesale shop. The equipment can be adjusted to push the dough into various shapes and thicknesses. (Staff photo by Randy Borst)

## Wholesaler's dream Bakery mogul does it all

When David Earnest tired of managing someone else's business, like many other persons in management positions, he decided to go into business for himself.

A vice president and general manager of the Paragon Food Division in Novi, Earnest yearned to do something to run his own business in his own way.

That opportunity appeared when a friend suggested he start a bakery specializing in Lebanese delicacies.

After studying the feasibility of the idea, Earnest bought a Farmington Hills bakery from Raymond Takla, who continues to work in the kitchen at Aux Delices Food Products.

Earnest's next step was to sell his bakery's products wholesale, instead of relying on walk-in traffic. The location of the shop, in a mall on Orchard Lake Road near 13 Mile, is too far removed from the street to invite impulse buy-

ing from passers-by, Earnest said.

Packing a few samples of the bakery's products in a paper bag, he made unannounced visits to various chefs and restaurant managers.

"I first go to the chef. If he isn't the person who does the buying, you find out who is right away," Earnest said.

Through his direct method, he's managed to acquire as clients 90 restaurants and cafeterias in the metropolitan Detroit area.

During the 1 1/2 years Earnest has presided over his bakery, it became obvious to him that the original plan of making and selling Lebanese delicacies

was superseded by the orders for bread and rolls.

Later, he hopes to expand the types of products produced in the kitchen. At the moment, a portion of the pastries found on the bakery's display shelves are purchased from other firms.

In addition to acting as the bakery's president, Earnest doubles as salesperson and delivery person.

His son, David Earnest II, is a night baker.

"I've made money for other businesses. I've worked hard for large companies for 25 years. Now I'm on my own," Earnest said.



David Earnest checks out some of the proud creations his shop produces everyday. He admits his bakery is a long way from being a vice president and general manager of Paragon, the job he used to have. (Staff photo)

## On with the shoes

# Women jog for health and fun

By CATHIE BREIDENBACH

It's typical for more than 30 joggers to run through my West Bloomfield neighborhood on any given day.

And it's surprising that about one-third of those running down my street are women.

Most don't run far — 10 miles per week is average. And they don't run fast either — a 10-minute mile is the normal comfortable pace.

So why do these women run?

Do they run to burn calories and firm flab?

Is it a quest for cardio-vascular fitness that prods them to puff around the neighborhood?

Do they run to stay young in a culture that prizes youth and vigor?

What satisfaction do they get from their sweaty efforts?

One of my neighbors boasts that running has firmed the cellulite quiver in her thighs.

"NOW I SHOW off and wear short shorts," she says, "but I wouldn't run just so I could wear shorts. I'm a middle-aged lady, but after I run I feel young and full of energy."

Joan Satovsky runs with her neighbor Marlene Steele. While robins pull worms and coffee pots perk in kitchens around town, Joan and Marlene trot around the neighborhood.

"I don't love it while I'm running," adds Joan, "but afterward I feel good mentally and physically."

Ann St. Genis' doctor recommended she jog to alleviate problems with arthritis, varicose veins and rapid heart rate. Sometimes Ann runs with her husband, Jack. Most often she jogs two or three miles with their younger son, Chris, and Jack runs six or seven miles with their older son, Robert.

"I like getting outside," says Ann, "but I really jog for health reasons."

Doctors acknowledge that regular cardio-vascular exercise helps a multitude of ills from varicose veins to mental depression. Exercise that gives the heart and lungs a workout is cardio-vascular.

JOGGING IS excellent cardio-vascular exercise. Other muscles certainly work hard, too, but the heart and lungs are central to developing endurance and overall fitness. Doctors say 20 continuous minutes of strenuous exercise three to four times a week will build fitness.

A fit heart pumps blood efficiently, so those who exercise regularly have slower pulse rates. Fitness also improves the ability of the lungs to supply oxygen to the bloodstream. Fit people breathe a bit slower than sedentary types, and they don't turn beet red and pant like a dog when they exercise moderately.

A person should get a checkup from a physician before embarking on an exercise program.

Studies show that exercise increases high density lipoproteins in the blood. These proteins are the good guys in the battle against cholesterol — the fatty sludge that blocks arteries and may play a part in causing heart attacks.

HDL proteins help clear the blood of excess cholesterol.

Many doctors encourage patients to eat wisely and to exercise to control cholesterol levels.

PSYCHIATRISTS are finding that regular energetic exercise can banish the blues for patients who suffer from depression. It works for mental patients, and it works for suburban housewives who juggle children, car pools and commitments.

"I need running," says Carol Keidan. "Without it, I'd be a basket case."

Carol's an energetic mother of three sons as well as a graduate student. This fast-thinking, upbeat lady could convince a tortoise to step up his pace and buy running shoes. She runs five miles four times a week, usually with her jogging partner, Lillian Broner.

"Jogging's such a sociable sport," explains Carol. "Lillian and I tell each other marvelous confidential stories, and we've been fast fast friends."

"When I go on vacation," she says, "I always pack my running shoes. You can jog anywhere, anytime, anywhere. Just put on your shoes and sprint out the door."

RUNNING IS A comparatively cheap sport. Runners don't need club memberships, fancy clothes, court fees or expensive equipment. A pair of good shoes and a double dose of willpower can get you started. After a few weeks of sweat and aggravation, the balance begins to turn. Frustration turns to pride in accomplishment.

It took me four months to run a mile without stopping," one woman recalls. "That first mile gave me an ego high for weeks. It was my will, my sweat, my glory. I didn't ride on anyone else's coattails."

Running is a healthy way to deal with a sedentary lifestyle and with the pressure cooker of everyday tensions.

Peggy Raben runs to keep her head clear. Peggy has three small sons and countless projects. She teaches weaving, macrame and basketry through West Bloomfield Community Education, and she runs every morning.

Peggy's husband, Jeff, gets up with their boys while Peggy takes to the roads to put in her miles.

"It's the only thing I do all by myself," she says.

PEGGY IS training for the Free Press International Marathon in October and hopes to run the 26 miles in less than 4 1/2 hours. She's gradually increased her customary 10 miles per week to 55 as well as increasing her minutes of continuous running. She's up to 100 minutes now.

With her resolve and confidence, she could run across the Detroit River instead of going through the tunnel with the other marathon runners.

That's the kind of high runners can get. They can sound a little crazy when they proselytize for their favorite sport.

They may sound a little crazy, but instead of throwing up their hands in passive frustration, women runners are doing one sane thing to gain health, energy and self-esteem.



Joan Satovsky (left) and Marlene Steele hit the pavement several times per week to enjoy the thrills and exercise of jogging. (Staff photo by John Stano)

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