

Have a heart and give your roller disco best

SOME THINGS, good or bad, become so common that we grow immune to their impact on society. Nothing really philosophical about it, just a matter of life.

Sort of like gasoline — one year it hits \$1 a gallon and everyone freaks out. The next it goes from \$1.35 a gallon to \$1.19 and everyone thinks they're getting a deal.

Same thing holds with the emergency medical vehicles that race by this office every day. When we first opened our office in downtown Farmington, we would chase every ambulance which passed by.

Soon we realized that most were heading for the hospital with heart attack cases. After a time, we stopped chasing. After all, having a heart attack in America isn't an uncommon occurrence.

But it should be. And with a little teamwork, the funds can be raised to stop all this nonsense. Just think for a minute about all the persons you know who have prematurely died of a heart attack.

MINUTE'S UP. The number is incredible, isn't it?

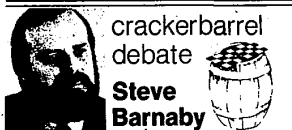
Just read the death notices and obituaries and you can bet most of those folks died because of heart disease.

Sure, all of us will die. That's part of living. But despite all the medical breakthroughs this society has made, we still are killing ourselves through the way we live, eat and smoke.

I think about my grandmother when heart disease is mentioned. One of the finer persons I've ever met, she literally smoked herself to death and died when she was 68 years old. A registered nurse, she couldn't be convinced to break the habit.

But more and more persons are sick and tired of America losing this battle. They want to help make America just a more healthy country.

That's why this Sunday is such an important day. You can help and have a good time while you're at it.



ROLLER RINKS around the metropolitan area are having a skate for heart marathon. Skaters collect a minimum of \$10 in donations before the event and then skate for as long as they wish.

Regular readers of this column know that I'm a roller skating fanatic. It really is great exercise. But you don't have to be a regular to participate in this very important day.

Besides, you can win some great prizes by partic-

ipating. Top prize for the state is a trip for two to Disneyland in Anaheim, Calif. To be eligible, a skater must have secured donations of \$500.

A Sachs Suburban Moped will be given to the skater who raises the most over \$500 at each rink. Other prizes include T-shirts, gym bags and wind-breakers.

LOTS OF RINKS are participating. Give the one in your area a call for further details. They are Livonia's Riverside Arena, 421-3542; Westland's Skateland West, 326-2802; Canton's Skatin Station, 459-6401; Farmington's Bonaventure, 476-2201; Troy's Skate World, 689-4104; and Avon Township's Rochester Skating Center, 651-3031.

Well, that's the story, simple and sweet. Here's something in which everyone can help and have a good time.

Besides, skating is good for the old cardiovascular system.

Full texts of new laws still helpful

Michigan law has long required local governments to publish in the dominant local newspaper the complete text of proposed new ordinances. Historically, this has been done in conjunction with the news media's responsibility to protect the public's right to know.

A fair practice is self-serving. Newspapers do benefit by the fact that the government bodies are required to pay to have the ordinances published.

As practical matter, newspapers rarely report the complete text of proposed laws. Some proposed new laws are never reported in the news columns for reasons of space or manpower, or simply because an editorial judgment has been made that the fine print of a law isn't of much news value to most readers.

Publication of the complete text in it's dry legalese is the only real chance most citizens have to read the fine details.

NOW, HOWEVER, in an effort to ease the financial burden which faces most local government units, the Michigan Legislature is proposing to change the law and require only that abbreviated synopses be published.

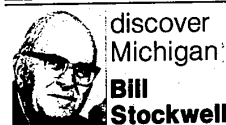
Frankly, we've been ambivalent about this issue. We don't want to be the instruments of added expense to local governments by insisting that they publish the longer, complete, text.

As far as newspaper revenue goes, money earned by publication of legal ads is minimal and often outweighed by the additional production cost which result from late and unplanned arrival of legal ads.

For some smaller publications in the state, however, revenue from publications of legal notices may be just enough to keep them in business.

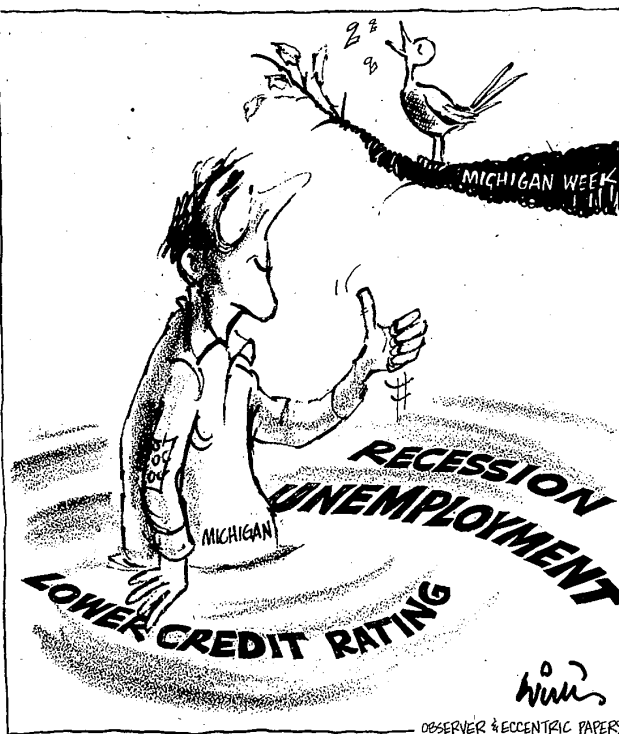
WE KNOW THERE are some people who appreciate, and rely on, the publication of complete text of proposed revisions or new laws. We don't know how many people care. Some people in the Legislature think most people don't care.

We urge you to write your legislator and express your opinion. As for us, we think the arguments for continued publication of complete legal texts significantly outweigh arguments to permit only abbreviated notices to be published.



Did you know that a surprising number of Michigan people never call back for the shoes they leave at shoe repair shops? One repair shop operator located in a suburban shopping center reported recently he gave 385 pairs of unclaimed shoes to the Salvation Army last year — plus throwing away another 400 single shoes. Have you any forgotten shoes in a repair shop?

Did you know that a native of Grand Rapids, Mich., has traveled as many miles in a year as practically anyone else in the world? Astronaut Jack Lousma made 668 revolutions of the globe and covered some 25 million miles in earth orbit in 1973. He is a 1959 graduate of the University of Michigan, married to an Ann Arbor woman and has relatives and friends all over the state.



A day with the retarded

ON SUNDAY AFTERNOON, all the beautiful people gathered at the Detroit Artillery Armory to discuss physical fitness with the likes of bodybuilder Arnold Schwarzenegger and television personalities Richard Simmons and Sonja Friedman.

Two miles away, in the Southfield Civic Center, some even more beautiful people gathered in the Sports Arena to work on their physical fitness.

These beautiful people are the retarded children who competed in an Olympic-style competition called Civic Stars III. The event was sponsored by the Association for Retarded Citizens of Oakland County (ARC).

AS AT ALL such functions, it began with a brief speech by a politician. Usually it's a pompous address. But Southfield City Councilman James McDermott's remarks were different.

"I can't help but notice, as I look at the retarded people around this arena, that they all have smiles on their faces," he began. "That was true."

"Do you wonder why they are happier than we so-called 'normal people'?" McDermott asked. "Could it be because they have a purpose, commitment and sense of direction to their lives? Is it that they are living their lives from their souls?"

No one at the Southfield Sports Arena could disagree. Take that, you Richard Simmons fans.

THE COMPETITION started with a procession of 15 teams, each carrying the banner of its sponsoring civic organization. Among the clubs represented were several Knights of Columbus chapters, the Birmingham Rotary Club, Birmingham-Bloomfield Jaycees, Troy Exchange Club and Birmingham Junior League. Teams consisted of three "normal" persons and one retarded. The retarded person on my team was Paul Thomas.

As we marched around the Sports Arena carrying our banner, we were greeted warmly by more than 200 spectators. I'm not ashamed to say I felt a chill as I looked up in the stands.

The banners were put away, and our four-person team began to plot how we could win. We discussed how to get the fastest times possible in the six events: obstacle course, scooter race, wheelchair



race, dressing relay, water relay and water balloon toss.

Soon the competition began. Sometime during the afternoon the distinction between "retarded" and "normal" got lost. Paul understood the strategy for each event as well as I did. He was aggressive and graceful as he performed the athletic tasks required at each station.

I played it like I would in any other competition — that is, to win. Due to Paul's abilities more than anyone else's, we did eventually win.

PERHAPS THE most important reason for Civic Stars III is to promote acceptance of the retarded.

In the wake of recent arsons of proposed suburban homes for the retarded in Livonia and Pleasant Ridge, understanding of the retarded has a long way to go.

As ARC Executive Director Agnes Wisner said, "Events like this give the public an awareness of the real capabilities of the retarded. It's time to bring this issue out of the closet — where it has been for over 100 years."

How did I feel? Before I participated I was uneasy. I had read enough to know there is a difference between mental retardation and mental illness.

But reading about it and living it are different. My practical experience with the retarded was nearly zero.

I thought I would feel awkward but would come home with a warm feeling. You know, the feeling you have when doing a good deed for the underprivileged. But that was not my feeling at all. I enjoyed the afternoon competing with people who neither wanted nor needed my sympathy.

In other words, they're people just like you and me. Maybe that is the most important lesson in learning about the "retarded."



Of downtown, Great Lakes and DaVinci

RANDOM thoughts on Michigan Week: Neighboring Northville is a hot spot this year. It was the first city in Michigan to use a downtown development authority for major improvements to spruce up its old-fashioned downtown.

That should be an inspiration to the Rochesters, Birmingham, Farmington, Garden City and Plymouths that feel they have something to offer which malls lack.

Downtown Northville's utility lines are now underground. Sidewalks are widened, repaved and accented with brick. There is a Victorian theme — in lamp posts, benches, metal skirts around trees and a four-faced clock in the middle of a traffic island. And good-bye, parking meters.

Gov. Milliken will attend a dedication breakfast Friday.

The City Council financed \$1.6 million in improvements by "capturing" all property taxes on increases in downtown valuation since 1978. This required the consent of the school district, Schoolcraft College, Wayne County and the Huron-Clinton Metropolitan Authority. Their cooperation in giving up increasing taxes won the praise of Mayor Paul Vernon, chairman of the DDA.

Will a nicer downtown in Northville perk up business? It's too early to tell, says the Northville Chamber of Commerce. But the place is sure pretty.

Sad-happy footnote: "Monterey," the live, original musical by Edward Draugelis and Andrew Henderson, closed Saturday at the Marquis Theater, a week early. But the Plymouth attorney and Canton piano salesman, respectively, produced a number of excellent lines, characters and tunes. "Monterey" may be revived in fall. And the ever-hopeful librettist and composer are working on a second musical.

THE CLEMENS Library, on South University Street on the University of Michigan's main campus in Ann Arbor, has a display on the Great Lakes from the mid-1600s to the early 1800s.

Library director John Dann says a 1672 Jesuit explorer's map of Lake Superior "was not equalled in quality for well over 150 years."

Army engineer John Rivardi's 1799 city plan is the first American map of Detroit. Louis Hennepin's 1695 rendering is the first known picture of Niagara Falls. There is an 1838 view of Detroit from Windsor.

"The Great Lakes: A Visual Perspective" is free and open to the public from 9 a.m. to noon and 1-5 p.m. weekdays.

ART AND technology should be friends, just like farmers and cowboys. That unusual message comes from Bechtel Power Corp., which put up much of the funding for a Leonardo DaVinci exhibit at the U-M Museum of Art, also on the main campus.

"This exhibition blends technology, culture and creative genius," says William G. Ince, chairman of the Michigan Technology Council, show sponsors.

Featured Leonardo works are four drapery studies; an oil painting (on wood) of Christ; models of a canal-digger, paddlewheel ship and gear system with three speeds of rotation; a device for gauging the tensile strength of wire; and an ornithopter — a wing-flapping device.

Museum hours are 10 a.m. to 5 p.m. Tuesday through Saturday and 1-5 Sunday.

HOME FRONT NOTE: Wrens are cleaning out the old birdhouse outside Nancy's kitchen window. Chickadees are safely ensconced in the new birdhouse just 20 feet from Kirsten the elkhound's patio.

The cardinals, whose nesting in the rosebush failed last year, are back — this time in Boomer the poodle's pink honeysuckle bush. Benny and Bernice Bunny have a lair at the base of neighbor Jerry's rosebush.

On days like this, it's great to live in Michigan.