



JOHN STAND/Staff Photographer

Hundreds of metro Detroiters flock to the Jewish Community Center to stay in shape during the winter months and find the track a good place to disappear from the grind of everyday life.

Staying in shape indoors



Alan Feldman-races around the track faster than the speed of light?

Even when the weather is this warm during the winter, it's hard to maintain the same old get-up-and-go summer spirit. It takes a lot to keep away that neat tire around the center or bulge at the bottom.

That's why we're presenting this reminder of folks on the go at the Jewish Community Center. Despite what you may think as you pop open that neat can of beer or pop, thousands of persons in the metropolitan area are fighting the battle of the bulge. Indoor tracks provide a typical outlet.

When the beaches open come June these folks will find their extra effort has been worth the time.



The track features a lot of running, reading and a quick break from jogging to catch up with a relaxing during the day. Nancy Serlin (right) takes a good book.

INSIDE ANGLES

ROMAN TERRACE and McProcks Saloon both have anniversaries this month and both have chosen to celebrate by giving all draft beer proceeds to fight muscular dystrophy. The date is Tuesday, March 15, when Roman Terrace marks its 10th anniversary and McProcks its second anniversary. Each has lined up a few celebrities and a variety of fun fund-raisers for patrons who want to give to the Muscular Dystrophy Association and help celebrate the anniversaries.

ATTENTION: Slow-pitch softball managers who want to be numbered among Farmington Hills Parks and Recreation Department leagues this spring are to meet at 6:30 p.m. to learn about the formation of women's leagues or at 7:30 p.m. for men's leagues Thursday, March 3, in Farmington Hills Branch Library, 32737 12 Mile Road. All information regarding format, dates, and entry fees will be given at that time.

CONGRATULATIONS to Donna Lombardi, daughter of Mario and Rosa Lombardi of Farmington Hills, who was initiated into Sigma Sigma Sigma social sorority at Western Michigan University. Donna is a junior majoring in speech pathology and is also a member of the intermural football team.

RON HOLLAND, North Farmington High School football coach, was recently named by the Michigan High School Football Coaches Association as the 1982-83 winner of the Jim Crowley Award. The award is named in honor of the late Jim Crowley, former coach of Jackson Lumen Christi.

ALMA COLLEGE'S winter break will be a good time for Carrie Churchill, daughter of Stuart and Jeanne Churchill of Farmington Hills. She will take a week-long tour to Canada with Alma's A Cappella Choir Feb. 26 through March 3. Carrie, a sophomore, sings alto in the choir. Four concerts will be performed, and the group will have a free day to spend in Quebec City.

DID YOU KNOW that Farmington elementary schools are participating with the University of Michigan in a nationally funded program for third and fifth graders in reading comprehension and that 331 students representing 12 nationalities are served by bilingual education?

INFORMATION sheets on energy assistance that is available through Oakland and Livingston Human Service Agency (OLHSA) are now available in Farmington Hills Senior Center. The seniors' Gathering Place is located in Murry Center on 11 Mile Road through Gate 4, east of Middlebelt. Seniors are urged to read the sheets carefully; all

information requested is necessary before assistance can be received.

THE WISER (Widowed in Service) program, sponsored by Women's Resource Center of Schoolcraft College, needs widowed persons who are willing to give of their time to help other widowed persons through the grief process. A group interview begins at 11 a.m. Wednesday, March 2, in Women's Resource Center and training begins Friday, March 4. Those interested are asked to call the center, 591-6400, ext. 430.

A BLOOD DRIVE WILL be at North Farmington High School 9 a.m. to 3 p.m. Thursday, Feb. 24, in the auditorium lobby. Eligible donors must be at least 17 years old. School organizers hope to have a large turnout from the senior class and the students' parents. It is suggested that the donor does not come to the bloodmobile on an empty stomach.

KUDOS to two teams of North Farmington High School student bowlers who participated in the state regional tournament at West Bloomfield Lanes. Ed Wright, sponsor, announced that after the first weekend the girls were in first place and the boys in third place. The boys' team includes Mike Fruitman, Rick Friedman, Dan Dorn, Ashish Deshpande and John Stokes. The girls' team includes Kris Hattberg, Susan Barnett, Sharon Meyers, Jerri Tarver and Maureen O'Connor.

FOR THE FIRST TIME in Michigan, NACEL Cultural Exchanges offers teens who are interested in French the opportunity to host a French teen and live in France — all in the same summer. Evelyn and Julian Prince, state coordinators, are looking for Michigan teens and families who would like to participate in their 1983 NACEL Summer Homestay Program. Students who would like to visit France as a NACEL ambassador and families who would like to host a French teen or chaperone should contact Evelyn and Julian Prince, 3452 Buckingham Trail, West Bloomfield 48033 or call 626-6641 as soon as possible.

Due to their increasing popularity, both programs have been expanded this year. Michigan students can choose June 30-July 26 or July 28 to Aug. 26 Homestays in France. Since hosting dates in Michigan are July 1-27, teens can host in July and go to France in August. The cost of the NACEL Program to France is \$890 roundtrip from Detroit. Except for pocket money, this fee covers transportation, insurances and accompanying chaperones. Participants should have studied at least two years of French. They should be interested in speaking the language, living French style and giving a favorable impression of America and Americans.



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