

Food funds

Nonprofit groups eligible for aid

The tri-county area outside the city of Detroit will receive \$1.08 million in federal funds to supplement emergency food and shelter programs in the area, according to United Community Services of Metropolitan Detroit (UCS). UCS is a part of United Way of America, the national agency designated by the federal government to serve as the fiscal agent.

The award of federal dollars for the tri-county area was decided by a national board made up of national voluntary organizations and chaired by the Federal Emergency Management Agency (FEMA). The board was charged to distribute \$40 million appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

IN OAKLAND County, Pontiac will receive \$49,480, Waterford Township will receive \$31,335, and other Oakland communities will receive \$311,688.

Wayne County communities, outside the city of Detroit, will get \$370,144. Funding requests from these communities for proposals to provide additional emergency food and shelter programs will be processed between Dec. 27 and Jan. 13.

A separate local board has been appointed for the city of Detroit, with Mayor Coleman Young serving as chairman. The FEMA share for the city of Detroit is \$574,288.

THE LOCAL board, chaired by John D. MacInnes, executive vice president of United Community Services, is comprised of officials representing

United Foundation, Salvation Army, Red Cross and other community agencies; Macomb, Oakland, Wayne counties' municipalities; labor; religious groups, and the Detroit Chamber of Commerce.

They will determine how the awarded funds are to be distributed among the emergency food and shelter programs run by private voluntary organizations. To receive these funds, local organizations must:

- 1) Be nonprofit.
- 2) Have a voluntary board.
- 3) Have an accounting system and conduct an annual audit.
- 4) Practice non-discrimination.
- 5) Have demonstrated the capability to deliver emergency food and shelter programs.

Sewer pact let for I-696

The Michigan Department of Transportation has awarded McCarthy Brothers Construction Co. of Roseville a contract to build 2.4 miles of tunnel sewer beneath the new I-696 freeway in southern Oakland County.

McCarthy Bros. was low bidder at \$4,047,249 on the sewer project, which will extend from east of Ridge Road to west of Church Street in the cities of Oak Park, Pleasant Ridge, Huntington Woods and Royal Oak. Estimated completion date is October 1984.

All low bids are approved by the state Administrative Board before contracts are awarded. Approval also is required by the state Transportation Commission on projects in excess of \$500,000.

Vietnam-era vets eligible for college

Military veterans who served between August 1964 and May 1975 have another chance to attend college if they did not use up their original education benefits.

Veterans who wish to enroll in any of more than 80 vocational programs at Oakland Community College during the upcoming winter semester should contact Auburn Hills Campus counselor Randy Stan at 853-4251 or 853-4269.

Registration for OCC's winter semester will be Jan. 3 and 4. Classes begin on Thursday, Jan. 5.

Initially, tuition and other expenses are paid by eligible participants. Benefit payments are then provided by VA.

UNDER THE Delimiting Date Extension Program, the federal govern-

ment has allocated \$20 million nationwide for qualifying veterans who are unemployed, hold low-paying jobs, or lack training. Funds will be awarded on a first-come, first-served basis, Stan said.

The program is designed to provide marketable skills to individuals who wish to earn an associate degree in a vocational program. While 50 percent of the student's course work must be in approved vocational programs, the remaining half may include general education classes which provide skills in areas such as English and math development.

Veterans interested in taking advantage of the Delimiting Date Extension Program must first contact the Regional Veterans Administration Office (482-0740) to determine if they qualify.

OCC course aids exercise leaders

Individuals who are teaching exercise classes, or those who are interested in acquiring training and experience in the field, may benefit from Oakland Community College's Exercise Leadership Program.

"Unfortunately the fitness boom has produced many exercise leaders whose only qualification is that they took great in a warm-up suit," said Rita Faudman, director of the program.

"Exercise facilities need personnel who are injury conscious, motivationally skilled and emergency trained. OCC is the first Michigan community college to offer this kind of vocational program," Faudman said.

OFFERED AT the Highland Lakes Campus, Union Lake, the program is designed to provide training in physiology, anatomy, fitness testing, as well as First Aid, CPR, injury prevention, nutrition and exercise prescription.

Students will gain leadership experience in a variety of physical activities — aerobics, water exercise, chair exercise and interval and weight training.

Ann Foudau, an aerobic dance instructor at Vic Tanny, began taking exercise leadership classes at OCC to add to her professional skills.

"I began to feel more and more responsible for the health and safety of my students. Because my preparation and training was minimal, I jumped at the chance to increase my knowledge and add professionalism to my job."

THE PROGRAM offers guided internships in cardiovascular rehabilitation in its community fitness facilities.

All graduates will be prepared to take the American College of Sports Medicine Fitness Instructors Examination.

Faudman was recently honored by Gov. James J. Blanchard and the Michigan Department of Public Health for her outstanding contribution and dedication to fitness and health.

Red Cross makes plea for blood

Southeastern Michigan Red Cross Blood Services will conclude its 10th annual Save-A-Life Days Jan. 2.

The seasonal blood drive recruits blood donors during periods of low collections that occur during the holidays.

"Many normal outlets for blood drives — such as businesses, factories and schools — are closed during the holiday season, often causing shortages and the cancellation of some elective surgery," said Jennell Joiner, associate director of Southeastern Michigan Red Cross Blood Services Donor Resources Development.

While sources of blood temporarily dry up during the holiday season, the demand for blood does not. The demand sharply increases during the first part of January, says Joiner, as people undergo elective surgeries voluntarily postponed until after the holidays, Joiner said.

Oakland residents can call the Bloomfield Donor Center at 394-3584 for an appointment to donate blood Jan. 2 or another convenient time. The center, at 2388 Franklin Road near the corner of Square Lake Road, Bloomfield Hills, will be open from 10 to 4 p.m.

The goal of Save-A-Life Day is to recruit about 750 individual donors.

Before every donation, Red Cross nurses take a complete medical history from each donor to make sure that each blood donation is safe for both the donor and the recipient. Only sterile, disposable equipment is used for the collection of blood. Thus, there is no risk of developing AIDS (Acquired Immune Deficiency Syndrome) through the donation process.

Anyone between the ages of 17 and 65 who is in general good health and weighs at least 110 pounds can give blood. Donors who last gave blood during or before the last week in October are eligible to donate now.

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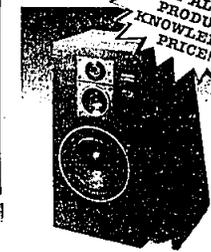
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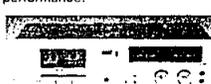
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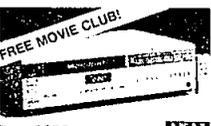
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