

Suburban Life

Lorraine McClish editor/477-5450

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EXPO-88

Boyhood dream realized at 76

By Lorraine McClish
staff writer

CARL THORNBURG will be on the swimming team representing the U.S. in a meet that is part of EXPO-88 during October in Brisbane, Australia.

"It's a dream come true. The dream has always been to swim in the Olympics. This will be the largest international swim meet ever held in the world, and now the goal is to win the World Masters Championship for the U.S.," the Farmington Hills resident said.

Thornburg, 76, began swimming competitively in his Depression-era youth at a time when financial support for the Olympics ran from little to none and he felt lucky to get a job as a clown diver with a dare-devil show.

Thornburg tried out for the team on its way to EXPO-88 with the U.S. Masters Association in Florida in January and got the call in May that he had been accepted.

"It was the most exciting, glorious month of my entire life."

A few days later he received the U.S. Masters "All American" certificate, his ultimate goal in swimming.

Then in Cincinnati, Ohio, at the U.S. Masters National YMCA meet, he won seven gold and two bronze medals and set four national records.

A few days later he was in Austin, Texas, at the U.S. Masters National meet, and won one gold, one silver and three bronze medals.

He wound up his exciting month by receiving a plaque that declares him one of the "Top 10" competitive swimmers in U.S. and International

competitions in his age group.

THORNBURG'S forte is the butterfly.

"Coaches all over claim I have a beautiful butterfly, and it's not a stroke too many in my age group attempt in competition," he said.

Two of the national records he set for his age group in Cincinnati were for the 100- and 200-yard butterfly. The other two were for the 200- and 400-yard individual medley.

In the past 10 years he has amassed well over 300 awards. In the past eight years he has won 20 gold medals.

"Sometimes people — mostly people who are not athletes — ask me what good are all those trophies? What's the point in having them? Why do you do it? Why do you run all over the country from one meet to another?"

"Well, they completely miss the point. I have to explain to them that those trophies motivate me to stay in shape. Master swimmers are pioneers in the concept of exercise to maintain health throughout life. I use swimming as a prevention of aches and pains and for my total well-being," he said.

"I don't like depending on doctors for my health."

"Swimming gives me the quality of the active lifestyle I'm able to lead at age 76. I plan on staying afloat the rest of my life with good daily workouts in the pool," he said.

THORNBURG swims early every morning throughout the year, in the Farmington YMCA during the summer (close to his home in Detroit Baptist Manor) and in the Clearwater YMCA during the winter (close to his home in Florida).

He says he's not too old to learn

something from coaches he meets along the way, but overall he is his own coach.

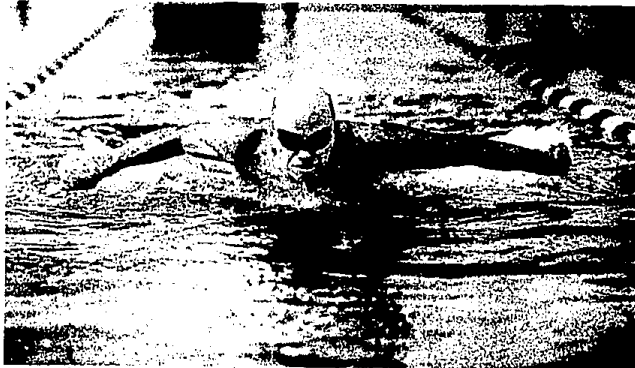
His name and his swimming feats are chronicled regularly in publications such as Swim magazine, Swim Master and Laplines.

He is a retired carpenter and a member of Temple Baptist Church in Redford.

"There are 100 men and women World Class swimmers who will be representing the U.S. in Australia this fall. I am so proud and honored to be one of them. This is the opportunity of a lifetime for me and a youthful dream come true," he said.



Carl Thornburg, 76, has been dreaming of representing the United States in the Olympics ever since he started swimming competitively in his teens. The dream came true when he was selected as one of 100 who will represent the United States during EXPO-88 in the world's largest international swim meet this fall in Brisbane, Australia. He works out every morning in the Farmington Y (above). His forte is the butterfly stroke (at left).



Staff photos
by
Randy Borst

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Dr. Elmer J. Kozora uses the very newest of high tech equipment to evaluate his clients' total health picture, then advocates good nutrition and exercise to stave off illness, in Women's Longevity Center.

For women only New Wellness Center under way

By Debbie L. Sklar
special writer

Executive businesswomen as well as all females in the area will soon be able to take advantage of a new clinic, the Women's Health & Wellness Center, for all their health care needs.

"It's going to be a place where a woman can come and get everything she needs from physical to a special nutrition program to a personalized exercise program," said Dr. Elmer J. Kozora, founder and medical director of the center.

Opening in mid-August, at 32841 Middlebelt in Farmington Hills, the clinic will be "a more total approach to evaluating a woman's total health picture," said Kozora, who is also a practicing obstetrician and gynecologist (GYN/OB).

The clinic will have on staff a nutritionist, social worker and exercise physiologist.

"The idea evolved because I've become more and more interested in the holistic approach to medicine," he explained. "I want to offer more than just GYN/OB services, more of the whole picture."

"A woman can easily come to the clinic and get everything she needs done from A to Z," he said. "We're a primary care center, but we're going to offer a lot more."

Kozora says that the Executive Women's Check-up which will run about \$400 will include a complete medical history work up, a variety of testing, examination, and separate interviews with all of the special staff members.

"TWO OF THE biggest things that

we're going to stress to women is exercise and nutrition," he said. "Women need to exercise at least three times per week, preferably four, at least an hour a day for cardiovascular reasons as well as stress release."

He believes that good nutrition can definitely prevent cardiovascular disease.

"Good nutrition is really very simple. Dieting on fresh fruits and vegetables, cereals, and fresh fish and poultry is the answer."

He advises to stay away from cheese, fast foods and red meat.

"We need complex carbohydrates like grains and cereals. We basically need to be on a high fiber diet."

"People need to read labels. Every time you go into a store read what

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