

75-year-old wins wellness award

JUST DAYS AWAY from her 75th birthday, Signe Pekkarinen of Farmington Hills received a standing ovation as she was honored for her vigorous spirit and healthy lifestyle during a wellness awards ceremony.

Pekkarinen was among nine recipients of the Beacon Award which recognizes outstanding health and fitness.

The awards ceremony culminated the 1991 Wellness Weekend, a two-day event sponsored by Blue Care Network of Southeast Michigan.

Other recipients included NBA star and gold medal Olympian Spencer Haywood, Detroit Free Press health and fitness reporter Bill Lattner, Harper-Grace Hospi-

'Mrs. Pekkarinen truly represents what the wellness concept is all about. She is a prime example of someone who does not let age restrict her lifestyle.'

— Christopher Munsell

Wellness Weekend coordinator

tal and leading cardiovascular rehabilitation specialist Dr. Barry Franklin. Pekkarinen was recognized in the Personal Success category for her commitment to adopting a wellness lifestyle.

"Mrs. Pekkarinen truly represents what the wellness concept is all about," said Christopher Munsell, Wellness Weekend coordinator. "She is a prime example of

someone who does not let age restrict her lifestyle."

No matter how she feels, Pekkarinen begins each morning at 6 a.m., walking an hour on her treadmill and riding her exercise bicycle for another 40 minutes.

"Even if I'm feeling tired or run down, walking on the treadmill revitalizes me," said Pekkarinen. She also follows a high-protein, low-fat

diet and stopped eating red meat and starchy potatoes almost 12 years ago. Instead, she has switched to healthy dishes such as eggplant parmesan and squash soup.

When she was 48, Pekkarinen was diagnosed as an insulin-dependent diabetic. She has also suffered a prolapsed mitral valve and wears a pacemaker. But these adversities do not limit her from leading a healthy, productive life.

She continues to work as an LPN (Licensed Practical Nurse) three days a week at the Windmere Nursing Home in Farmington Hills.

"My work is extremely gratifying. I work because I understand the problems of the elderly," said Pekkarinen. "I feel great when a patient normally incoherent responds to me."



Signe Pekkarinen

Commitment affirmed to friendship and peace

After two months of study, work and sharing ethnic heritages, approximately 400 Girl Scouts from around Unit 72 in Farmington Hills celebrated international friendship and peace during Thinking Day ceremonies.

The program, in Mercy Center, highlighted 73 different countries, including Argentina, Australia, Brazil, Canada, France, Germany, Japan, Greece, India, Ire-

land, Italy, Mexico, Poland, Saudi Arabia, Scotland, Spain, Switzerland, Tahiti, United Kingdom, and United States. Countries represented are members of the association.

All Girl Scouts participated in an international flag ceremony led by Cadette Troop 146. Kathy Benson and Christine Shea were flag bearers. Julie Stone, Suzanne Porter, Kristin Porter, and Elaine Wolff were color guards.

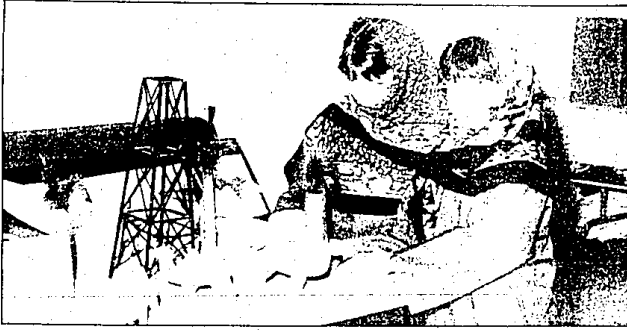
Thinking Day activities also included "swapping" trinkets representative of some craft or tradition of the country and displaying the flag of each troop's adopted country. Each troop hung one swap on an International Friendship Tree.

"Our international friendship tree affirms the commitment we as Girl Scouts have to making our world a better place through friendship and

peace," said Darlene Knight a coordinator of unit 72. "We Can Change the World," the official Girl Scout song sung by all troops following the ceremony, is another expression of that commitment, the co-director said.

Each troop also made an ethnic food or drink to be shared during the celebration. Many troops wore hats and costumes to add to the festive mood of the day.

The Thinking Day Committee consisted of Patricia Host, Nancy Blair, Angie Hogan, Kathy Howard, Cindy Valchne and Chris Cull. Bill Kern photographed the event.



The Saudi Arabia display was created by members of Troop 845. Shannon Harnce and Mary Johnson supply the finishing touches.

European tour planned

The Vocal Jazz Ensemble at Wayne State University is planning a European concert tour July 11-21. The highlight of the tour will be the ensemble's performance at the 25th annual Montreux Jazz Festival in Switzerland, and the 700th Swiss Anniversary Celebration, which coincides with the festival.

Among those going on tour is Dennis Timi, director of choral activities and a resident of Farmington

Hills. Timi will also serve as guest pianist and faculty coordinator for the 1991 tour. He has appeared at major music festivals and conferences throughout Europe and North America over the past 20 years.

A concert featuring the ensemble and the Dennis Timi Quartet begins 8 p.m. Wednesday, March 27 in the university's Community Arts Auditorium. A charge will be asked at the door to help defray tour expenses.



Members of Troop 1147 headed up the Italian booth. Ready to serve the ethnic treats are Nicolina Traverso, Nichole Stuber, Page Whitinger and Beth Nagado.

Trusted Hometown Newspapers That Mean Business



GETTING TO KNOW YOU?
WELCOMING NEWCOMERS NATIONWIDE
For sponsorship details call
(800) 645-6376
or New York Office (212) 412-8400

THINK SUMMER

ROEPER SUMMER PROGRAM
ORIENTATION & OPEN HOUSE
MARCH 23, APRIL 27, MAY 4 & MAY 18
10 AM & 11 AM
RECREATIONAL DAY CAMP
FOR AGES 3 THROUGH 11
1991 SESSION: JUNE 24 - AUGUST 16
SPECIAL PROGRAMS FOR AGES 12-14, JULY 1-26
NEW THIS SUMMER: HEARING IMPAIRED PROGRAMS, AGES 5-11
CALL NOW regarding OPEN HOUSE
or information: 642-1500
ROEPER CITY AND COUNTRY SCHOOL
SUMMER DAY CAMP
2701 W. 14th Street • Bloomfield Hills, MI 48304

We've Made A Lot Of Great Albums.

There are a host of reasons to choose Sheraton Southfield Hotel.

We've just made room a month earlier for a group of 100 and our facilities are second to none. Our 1800 sq. ft. ballroom that can accommodate 250 people in style, superb food and one-up room and kitchen facilities, still the best in the area, are all the details our prices are surprisingly reasonable.

So when you're planning a wedding, anniversary, birthday, reunion or whatever, consider the new Sheraton Southfield Hotel. Call us at 1-800-368-8400 or 248-368-8400 for more details.

Sheraton Southfield Hotel
ITT



Give Your Home a Present for Easter!

F. Ramond

Elegant fixtures in a variety of brass and glass combinations — colors and styles for all tastes and as always, Frederick Ramond quality craftsmanship.

10% OFF
Our 40% - 50%
Already Discounted Prices
SALE LASTS 10 DAYS ONLY!

Lighting Fixtures For Every Occasion - Wedding, Reception, Wedding Reception

BROSE
ELECTRICAL
CONSTRUCTION, INC.
3700 W. 7 MILE ROAD
LIVONIA, MI 48152 • (313) 464-2211
MON. - TUES. WED. SAT. 9:00 A.M. - 5:00 P.M.
THURS. - FRI. 8:00 A.M. - 5:00 P.M.