

75-year-old wins wellness award

JUST DAYS AWAY from her 75th birthday, Signe Pekkarinen of Farmington Hills deserved a standing ovation as she was honored for her vivacious 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 Hawgood, Detroit Free Press health and fitness reporter Bill Lander, Harper-Grace Hospital

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— Christopher Munsell
Wellness Weekend coordinator

tal and leading cardiovascular rehabilitation specialist Dr. Barry Franklin, who 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. by jogging 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 a insulin-dependent diabetic. She has since had 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 resident's behavior finally in coherent 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 Service Unit 72 in Farmington Hills celebrated international friendship and peace during Thinking Day ceremony.

The program, in Mercy Center, highlighted 25 different countries in the spirit of Girl Scouting that unites all members of the World Association of Girl Guides and Girl Scouts. All levels of Scouts (Daisy, Brownie, Cadette and Senior) and their families were invited to participate in the annual Thinking Day celebration.

Each troop adopted a country and explored the customs, traditions, history, music, and food of that country.

Countries included 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 Shee were flag bearers. Julie Stone, Suzanne Porter, Kristin Porter, and Elaine Wold were color guards.

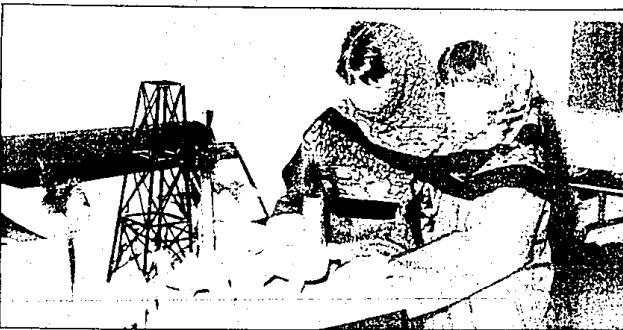
Thinking Day activities also included "swapping" markets representing the customs or tradition of the country and displaying the flag of each troop's adopted country. Each troop hung one swap on an International Friendship Tree.

"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 co-director 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 Valchene and Chris Cull. Bill Kern photographed the event.



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



Members of Troop 1147 headed up the Italian booth. Ready to serve the ethnic treats are Nicolina Traverso, Nichole Stuner, Page Whiting and Beth Nagod.

European tour planned

The World 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 Aniversario celebration, which coincides with the festival.

Among those touring on tour is Dennis Tim, director of choral activities and a resident of Farmington Hills. Tim will also serve as guest pianist and arranger coordinator for the 1991 tour. He has directed major music festivals and conferences throughout Europe and North America over the past 20 years.

A concert featuring the ensemble and the Dennis Tim 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.

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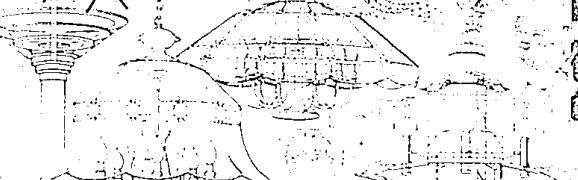
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