# On racial matters



Colorful talk: At a recent Farmington/Farmington Hills Multi-racial/Multi-ethnic forum, the Rev. Dr. James R. Lyons (above) tells a story of a conversation he had with a young black man. Lyons points out that his skin is indeed darker than the young man's, drawing the conclusion that skin color means nothing. In the photo at right, John R. Diamond Jr. of Farmington Hills asks Lyons to comment about how much mixing obout now much mixing
of the races has been
going on since the arrival
of Columbus, and perhaps how little people are
aware of that. Forums on racial, cultural and ethnic matters are monthly at the Farmington Training Center.



# INKWELL

Inkwell provides information about educational issues and on people in the Famington area. Mail information to: Inkwell, Famington Observer, 334 I1 Grand River, Famington 483315, or far information to 477-9722. Please include a daylime phone number on your news release. Items will not be taken over the phone.

DOORSEY ADVENTURE
Longacre Elementary had three teams with 20 students who competed in the Michigan Region I Odyssey of the Mind tournament at Waterford Mott High School Feb. 25. In the "Time Traveler" exercise, students created a skit involving a time machine. The team coached by Karne Fiell and Marlene Graessle finished eighth, but was singled out for an award citing "Outstanding qualities. for performing in the face of adversity." Team members included: Charlie Febl. Gayan DeSilve, Jenna Turk, Michael Sanderson, Matthew Healy and James Graessle.

ele.
Aaron Helised, Colin Wasiloff,
Bric Wasiloff, Hilary Michalak,
Marisa Matthys. David Mondoux
and Kevin Carron built a struc-

ture of balsa wood and glue to withstand a series of manipulations in the exercise "A New Twist." The team — coached by Jim Wasiloff and Clindy Heliset — placed sixth in their division among a field of 11 teams. A third Longarre team competed in the classics problem. The topic was "waudeville." Aurore Tabar, Ellen Cappo, Emily Cappo, Amanda Glass, Yumito Kinugawa, Marias Palance and Meguni Odaira performed a waudeville show of three acts, which included singing, dancing and comedy. ed singing, dancing and comedy.

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BI SCHOLAR DOLLARS

North Farmington sophomore
Josh Klemme has been named a
1995 Younger Scholar by the National Endowment for the
Humanities. The prestigious
award is one of only a few that to
go to high school and college students annually. Klemme is the recipient of a \$2,100 award from the
National Endowment for his proposed study of the political and
second art of the Great Depression
He will study the works of author
John Steinbeck, and photo journalists Walker Evans and
Dorothea Lange, and the painter
Diego Rivera this summer with

the grant. Klemme's mentor for the project will be former North Farmington teacher Barbara Reb-beck who will receive \$500 as part beck who will of the award.

SE CHARITABLE CHAPTER

BY CHARITABLE CHAPTER
Forest Elementary students are
soliciting pledges for pages read
this month in an effort to raise
money for Ronald McDonald
Houses, according to the Forest
Flash. "Reading for Ronald"
came about through the school's
parinership with McDonald's reataurant on 12 Mile and Halsted.
Some 200 Ronald McDonald
House worldwide provide lodging
for families of critically ill, hospitalized children.

E WRITE STUFF

E WEITE STUFF
Three students from Power Middle School are winners in the 26th
annual American & Me Essay
contest sponsored by Farm Bureau Insurance. Stephanie Batkle
took first place; Klimberly Yoder
was accond, and Jamison Guest,
third. Batkle's first place casay
discusses to the state level compethird. Battle a trist place tasky advances to the state level compe tition where the top 10 essays will be selected. Batkie's name will also be engraved on a plaque for permanent display in the school.



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Age-related **Health Changes** 

"Strategies to age grace-fully frequently seem intu-titive." said Dr. Mary El-tzabeth Roth, geriatrician." so most of my patients simply need a gentle nudge toward more positive be-haviors which can increase their quality years."

Roth will examine living Roth will examine fiving healthfully through the ag-ing process and address common concerns related to aging in "Ask the Geria-trician." a class offered during Health Day '95.

during Health Day '95.

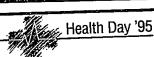
In realizing that death is the alternative to growing old, she said, most people seek ways to grow old well. Roth likens strategies for quality living over age 50 to a David Letterman-like top 10 list. Included in the list, she said, are suggestions such as: "Remove all substance abuse from your life," and "love the one you're with and keep lookme, and fove the one you're with and keep look-ing to give your love away.

all 10 strategies em-phasize each person's op-portunity and responsibil-ity to consider better living habits in exercise, diet, sleep, relationships, pre-ventive care and personal education.

"Some of my patients are motivated by the chal-lenge of combining several strategies into a few activ-ities," Roth said.

For example, a senior who delivers hot meals to homebound people will benefit from the exercise, the pleasure of giving to others, the involvement in the community program, and from learning about nutritional requirements for older people.

To hear Roth's top 10 countdown on quality living for those over 50, attend her 2 p.m. session "Ask The Geriatrician" at Verlikh Roth '56". Health Day '95.



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4. On site enrollment until 2 pm.

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