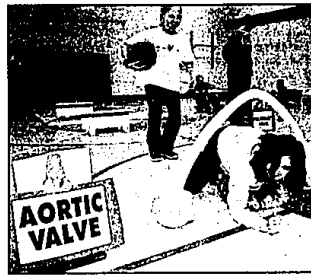


Out of breath: Nick Nadolski jumps rope to raise his heart rate before taking another turn through the heart.



Heartbeat: Chelsea Marshall and Erika Glosop travel through the aortic valve.

The heart of the matter

Flanders hosts Heart Adventure course

BY TIM SMITH
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Heart smart is taking on a whole new dimension, as Flanders Elementary School students found out last week. They took the Heart Adventure Challenge Course, presented by the American Heart Association and Ann Arbor-based Michigan Heart & Vascular Institute. Physical education teacher Greg Grodzicki laid out all aspects of the giant "heart," as instructed by the American Heart Association, on the gymnasium floor. And then, following arrows and road maps, Flanders students in grades 1-5 took turns going through the maze. "It shows there's a pattern, a method to the heart" and to how blood travels through the body, Grodzicki explained. Students visited the four

chambers of the heart, sliding along the pulmonary vein (actually a nylon cord stretched from one end of the gym to the other) and traveled through the aorta - a padded red tunnel - before choosing whether to go to the "brain" or to the "rest of the body." "That's a great tool," noted Grodzicki, "because they realize blood goes in different directions through the body." With one side of the gym representing un-oxygenated blood and the other oxygenated (after passing through the lungs station) students clutched onto blue or red balls, respectively, becoming human drops of blood, as it were. Before getting to the "lungs," they dropped off the blue balls and then picked up red ones on their way through the other side of the human heart. Meanwhile, because they also jumped rope, ran, dashed

'That's a great tool, because they realize blood goes in different directions through the body.'

Greg Grodzicki
-Flanders P.E. teacher

or other tobacco products, which are known to have a negative impact on cardiovascular health. "If you smoke it will deplete oxygen for the blood," the teacher said to the students. Between classes, Grodzicki said he would like Farmington Public Schools to purchase the "Heart Adventure Challenge Course" equipment (which would cost about \$2,600) from the American Heart Association for all district elementary to use. For Flanders, the equipment was borrowed from a teacher in another school district. The course provides an interactive way for students to learn something they'd otherwise read about in science class, Grodzicki said. Students also left the exercise with worksheets, to promote discussion about the heart in their regular classes.

HILLS POLICE CITATIONS

At the Feb. 22, 2001 meeting of the Citation and Award Board, the following persons were recognized:

■ Chief William Dwyer, Lieutenant Timothy Connor, Sergeant Patrick Comini, Officers William Dunfee, Davei Slowinski, Ronald Gossen, Brian Bastianelli, ASAC Kevin Kendrick, FBI - Professional Service Award; David Tietmeyer, Farmington Hills Video Production - Professional Service Award.

Working closely together, on an issue of great social significance today, these staffers developed a training video dealing with racial profiling and professional traffic stops. Six scenarios detail the different reactions officers may get from the people they stop; and provide alternative responses to these reactions. The video and accompanying lesson plan have been presented at conferences and department training. Numerous agencies have asked for copies and assistance in training.

■ Officer Bonnie Unruh - Professional Service Award. Officer Unruh recognized an opportunity to make crime prevention and safety more real for the children of the Farmington Hills community, while having lunch with her daughter. The child received a 'decoder apple' in a kid's meal, but no opportunity was presented for its use. Officer Unruh secured the donation of 2,000 of these items from the manufacturer, as the restaurant's promotion had ended, and started the Crime Prevention Kid's Club. The club provides Farmington Hills children, kindergarten through 5th grade, with an I.D. card, decoder apple, and a newsletter with puzzles, safety tips, and a special coded message. Since its inception in November, 2000, more than 700 children have joined.

■ Lieutenant R. McAllister, Sergeant J. Ruby, Officers M. Brice, G. Thomas and G. Williams II, Detroit Police Department; Officers L. Lemerand V. Laurie, J. Piggott, S. Cronin and M. Platt, SONIC and Unit Citation.

A Detroit Police Department homicide investigation led to an address on Moran, in Farmington Hills. Officers began surveillance that was taken over by officers from the SONIC unit. The surveillance, and additional information from the DPD Narcotics Conspiracy Unit, resulted in the investigation of two vehicles as they left the Moran address. That investigation netted three arrests for Possession with Intent to Deliver Marijuana (69 pounds), and concealed weapons; and the forfeiture of vehicles, a boat, the house, and a significant amount of cash.

■ Sergeants Burkart and Soderlund, Officers Wehby, Mostek, Nicholas, Maples, Woodmore, Gruenwald, Farley, Longrand, and St. Germaine - Unit Citation.

While on saturation patrol, in the 12 Mile apartment complexes, Officer Wehby observed a suspicious occupied vehicle. The occupants' behavior led to a mobile surveillance through complexes in Southfield and elsewhere in Farmington Hills. This protracted surveillance culminated in three arrests for breaking and entering and recovery of numerous pieces of stolen property.

■ Sergeants Burkart and Soderlund, Officers Farley, Mostek, Woodmore, Wehby, Rodriguez, Lemerand, V. Laurie, Gruenwald, S. Cronin, Roberts - Unit Citation.

On Dec. 6, 2000, Officer Farley arranged for the undercover purchase of cocaine, at the Bahama Motel in Farmington Hills. After the purchase SONIC and Patrol officers closed in to make the arrests in this "buy-bust" situation. The subject attempted to flee the area and, in the process, rammed several police cars and struck one of the officers. The subject was taken into custody after his vehicle got stuck. Officers' injuries were minor and the arrest resulted in a multi-count warrant for attempted murder, and delivery of (crack) cocaine.

■ Officer Glenn Brantley - Letter of Appreciation. Officer Brantley, Support Services Section, received a found purse without any owner information. He discovered a scan tag, from a supermarket chain, in the purse and the scanned information provided him with an owner's name. He contacted the owner - a foreign-born national, who was fearful after receiving a call from the police. Officer Brantley arranged for the purse and its contents (including food stamps and cash) to be delivered to the owner. His concern and carefulness reflect well on him and the police department.

■ Cadet Michael Cracchiolo - Letter of Appreciation.

Cadet Cracchiolo assisted the department by participating in Liquor Compliance Operation No. 27, Dec. 27-28, 2000. His actions were instrumental in checking for conformity to the laws that prohibit sale of liquor to minors and reinforcing the message of diligence in the sale of liquor products.

■ Secretary to the Chief of Police Rita Heenan - Civilian Citation.

Mrs. Heenan has served faithfully in her current position for the past two years, after being promoted from administrative secretary. Her quiet efficiency and service, over the past 21 years, is commendable and will be missed with her pending retirement.

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