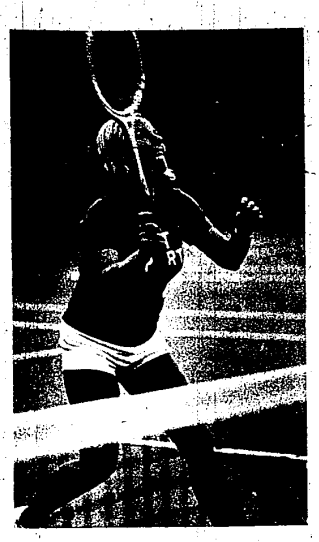

ORT sport Susie Honigman

'Sugar Daddy' plays for ORT

By ROBERT A. SKLAR

"Sugar Daddy" helped sweeten the prospects for forlorn refugees across the globe Wednesday night.

Garbed in matching yellow and red "Sugar Daddy" socks and a windbreaker, Bobby Riggs headlined the Women's American ORT "Court and Board" party.

The event, which pitted the public against popular celebrities in backgammon and tennis, took place at Square Lake Racquet Club in Bloomfield Hills.

It acted as a fundraiser for ORT's EPIC program. ORT (Organization for Rehabilitation through Training) dates back 94 years.

EPIC is part of ORT's continuous commitment to train the disadvantaged to assume viable roles in their communities' social structure.

RIGGS, APPROACHING his 57th birth-day, is a self-proclaimed male chauvinist hustler and games player.

Also featured during the "Court and Board" party were former Detroit Lions captain Mike Lucci and current Detroit Wheels vice-president and general manager Sonny Grandelius.

Others on hand for the festivities included radio personalities J.P. McCarthy, Dick Purtan, Johnny Randall and Dave Diles.

RIGGS' COURT time was auctioned off to the highest bidders; all proceeds were cycled into EPIC.

Southfield's Betty Jean Rivkin, EPIC chairman, says she pegs the party's success as "just super.

"Bobby's ability to lure out the generosity in people for a worthy cause lived up to all our expectations," she said, happily.

Mrs. Rivkin added that special thanks from ORT go to Oakland County-based The Racquet Clubs, which donated full use of Square Lake's facilities for the gala.

Probably the party's most spark-filled moment emerged when Riggs first arrived shortly before 8 p.m.

THAT'S WHEN he was greeted warmly by a gallery of "ORT Sports," who lavished him with hugs and kisses.

Riggs' reply?

"I like the life of a swinging bachelor," he said, with a brimming grin.

"Now I know how the slaves must've felt when Abraham Lincoln freed them."

Bobby Riggs -the sitting 'Sugar Daddy'

Parents of Asian youth form new organization

By MARY CONNELLY

Reflecting the national upsurge of Asian children being adopted into American homes, a group of parents in the Oakland County area have formed a new Adopted Parents of Asian Children organization.

Shortages of adoptable American children and an increased awareness of orphaned Korean and Vietnamese children have boosted the number of American families adopting Asian offspring.

The organization will provide a meeting ground for children who are a minority in this country. Many of the Asians adopted, even at toddler age, recognize their racial distinctiveness.

THE SIGHT of another Asian in the supermarket or on television evoked the comment "There's a Mary, there's a Mary," from three-year old Mary, the adopted Asian daughter of Mr. and Mrs. Francis O'Donnell of Rochester.

"We feel the need for a group now because our children are young and we want them to grow up together," said Mrs. Thomas Kenny, a group initiator and the mother of a three-year-old Vietnamese daughter.

Those considering or involved in Asian adoptions will be able to turn to group members for an outline of the bureaucratic maneuverings of overseas adoptions.

Immigration approval, visas, decree papers and legal timetables for adoption completion augment the traditional process of home studies, applications and signed acceptances.

Asian children are placed in homes an estimated 18 to 24 months from application date. Adoption of an older or handicapped child shortens the wait.

Five major licensed agencies are working to bring Vietnamese and Korean children into American homes.

Only a licensed agency may remove a child from Vietnam. Adoptions completed through private channels were prohibited during the last year.

According to Mrs. Jon M. Fox of Troy, the majority of children under two years of age being released for adoption are of pure Vietnamese or pure Korean descent. Those older are more likely to have been fathered by American soldiers and be of mixed racial origin.

ALTHOUGH MOST of the children suffer health problems, Mrs. O'Donnell said her daughter had not been severely emotionally deprived.

"She must have been loved because she responded so fast to us," Mrs. O'Donnell said.

Concepts of abandonment differ between Asia and America, she said. In Asia which is without a network of social service agencies, families which can no longer provide for a child are left little recourse other than abandonment.

The orphanages which house many of the children prior to their adoptions will be the beneficiary of the new group's fund-raising efforts. Proceeds will be funneled into both Korea and Vietnam.

The first general meeting of the newly organized Adopted Parents of Asian Children organization will be held at 8 p.m. June 19 in the Community House of St. Hugo's Church, Bloomfield Hills. For information contact 879-6291.

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Physical fitness: a family affair

By SANDY TESSLER

"Run for your life!"

That advice has been given to Navajo children for generations. "If you run every morning," they are told, "you will be lively even when you are old."

In our push-button, three-cushion society, children complain about walking to the bus stop.

But physical fitness is a family affair, says Edward J. Yuiska, registered physical therapist. Yuiska conducts the Body Dynamics Health Club at Somerset Inn in Troy where he uses "aerobics" to accomplish fitness.

His lecture was one of several given during Physical Fitness Week at the inn in Troy last week.

Aerobics literally means "with air of oxygen." Aerobic exercises are those which demand large amounts of oxygen and produce beneficial effects in the heart and lungs.

"THE ABILITY of the body to utilize large amounts of oxygen is the real secret of physical fitness," says Dr. King Cooper, father of the aerobics program.

Aerobic exercises include walking, running, jumping rope, bicycling and swimming.

A recent study in Fort Worth, Texas, has shown that children in an aerobic program, as compared to those in regular gym classes, not only increased their strength and endurance but gave signs of achieving higher grades and lower absenteeism.

Yuiska called school recess a farce designed primarily to provide teachers with a cigarette break. Recess time periods, he believes, could be spent building up children's hearts through aerobics.

In 1973 more than one million people died from heart attacks in America. There is little doubt that a proper program of aerobics can lower these statistics, he said.

YUISKA BELIEVES that if the family works together at physical fitness, it can lower the death rate due to heart disease in our children's generation.

"Achieving physical fitness is hard work," Yuiska said. "But once you get there, it's fun."

"The sad part is we're really not motivated to do exercise until it's too late," he added.

At Body Dynamics, a person must have a letter of approval from his or her physician to enter the program. The person then works slowly toward maximum capacity. Heart rate during and after exercise becomes a key measuring tool.

IN ADDITION to increasing the capacity and function of the heart and lungs, it has been shown that aerobics decreases the cholesterol level while it increases the size oif heart vesels – thus preventing total blockages,Yuiska said.

And the best part is that it's cheap. All one needs is a good pair of running shoes.

At the age of 19, the average American male can run two miles in 16 minutes or less. By 35 years, less than two percent can do this, he said.

If all these statistics haven't got you off your chair yet, consider Larry Lewis who ran six miles every morning for 94 years. On his 103rd birthday, Lewis, who was still employed full time, ran the 100-yard dash in 17.3 seconds.

Pianists audition for certification

Oak Park and Southfield pupils of Zelda Keil, pianist and teacher performed for certification and honors at the National Piano Playing Auditions recently.

Winners of district honors and certificates were Jule Kumjian of Southfield, Mindy Speiser, Pearl Stein and Shlomo Sperka of Oak Park and Deborah Schrieber of Southfield.

Sussanah Schreiber won state honors.

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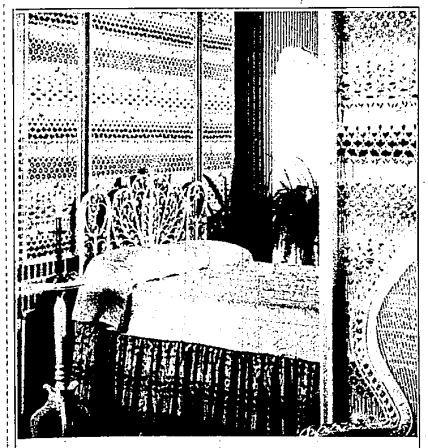

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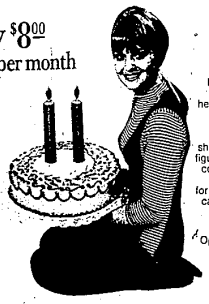

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