

Steppin' out

She walks 10 miles to work daily

By MARY KLEMIC

Deborah Cupidiro is a walking example of how to save energy.

Ms. Cupidiro, a stress management assistant at Henry Ford Hospital in Troy, has been walking 10 miles to and from work each day for five weeks now.

And not only has she saved gas, but she said that she feels better as well. "I don't feel tired out at all," she said. "I feel a lot healthier and I'm a lot more in shape."

The 24-year-old Bloomfield Hills resident has been working at the hospital for five years. She first began walking to work because part of her stress management program is to exercise regularly.

"The distance was real convenient," she said. "When Ms. Cupidiro drove to work, it took her 10 minutes. By foot, it now takes her a little more than an hour. But the extra time is worth it, she said. "I find it very relaxing," she said. "It's a good way to wake up in the morning and wind down at the end of the day."

She said that she would recommend walking to work.

"I think it's a really good experience," she said. "People would feel a lot more relaxed by the time they got home."

While her family thinks her walking

is fine, Ms. Cupidiro said that others don't agree.

"My co-workers and friends think I'm real crazy," she said. "Everyone is always offering me rides or money for a cab. They just can't believe I'd do it by myself."

"But I look forward to the walk a lot. I just really enjoy it!"

What she enjoys about the walk, Ms. Cupidiro insisted, is that it is "really interesting." "There's a residential area with a dirt road that's really pretty," she explained. "A couple areas I walk through have flowers, trees and grass."

Another favorite part of her walk, she added, is the grassy knoll by Somerset Mall.

But the going does get rough at times. Besides occasional blisters, a less pleasurable part of the walk is the traffic, Ms. Cupidiro said.

"I hate just walking by the road," she said. "I try to make it through the residential areas to stay away from the cars. The city of Troy should put in sidewalks."

So far, Ms. Cupidiro has had good weather to contend with. But she said that she might not mind going to work on foot all year around.

"I don't know," she said. "If I had to, I would. I'm not really afraid of the elements."

However, as enjoyable as it is, Ms. Cupidiro said she will have to stop

walking to work. She was recently promoted to the hospital in downtown Detroit, a distance too far to walk.

"I'm sure I will miss (walking)," she said.

But she adds that she will still conserve energy in her new position. She hopes to join a car pool, or take a train or bus. "I'm not going to drive to work alone," she said. "I don't think that's right at all."

Ms. Cupidiro didn't think much about walking 10 miles each day, she said, because she regularly bikes or jogs that much anyway. But in a time of gas shortages and concerns about energy, she finds herself written about in area newspapers, something she isn't quite comfortable about.

"I'm really embarrassed about all this," she said. "It's such a small thing."

Registration set at OCC

Registration for the fall semester at Oakland Community College will be held Aug. 28-31 beginning at 1 p.m. each day. Students may register according to an alphabetical schedule. Classes begin Sept. 4.

Applications for the fall semester are still being accepted. Interested individuals should contact the campus they wish to attend for information re-

garding admission procedures.

Oakland Community College has campus locations throughout Oakland County including: Auburn Hills in Auburn Heights (882-1000), Highland Lakes in Union Lake (863-7191), Orchard Ridge in Farmington Hills (476-9400), and the Southeast System in Royal Oak, Oak Park and Madison Heights (518-1252), 7-30.

New Anglican church formed

A service of Holy Eucharist will be given at 7 p.m. Sunday, Aug. 26 in the chapel of the home of Dorothy Key, 34325 Cortland, Farmington, launching the formation of a new Anglican church in the area.

The service will be officiated by Rev. David Strunk, rector of the Church of the Epiphany in Howell.

The service is open to all interested persons.

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