

Suburban Life

Lorraine McClellan editor/477-5450



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Exercise for everyone

By Lorraine McClellan
staff writer

The physical fitness program offered in Mercy Center has expanded to the point now that the staff refers to those classes as "the fitness center within the center."

"Our latest brochure offers exercise fun for everyone," said Ardis Cicchella, the center's fitness consultant and sometimes-teacher. Cicchella keeps adding new fitness programs to the schedule each term.



Ardis Cicchella (left) shows Rosemarie Kay how to give her seven-month-old son Edward his daily exercises. The post-natal exercises for mothers and their babies from two-eight months will

"This spring, we've hit our goal, which is to reach the entire family, from prenatal exercise classes to programs for our older adults in the gym, in the pool, in workshops and lectures." Cicchella has been a member of the center's staff for six months, working up to her goal of reaching those of all ages with her fitness philosophy, but she is most enthusiastic about the prenatal and postnatal exercises that will be offered there for the first time in March.

She will be the instructor for both

Fitness classes keep expanding at Mercy

classes. She believes both are important for the health of mother and baby.

MOTHERS-TO-BE increase muscle tone, flexibility and improve circulation in the prenatal classes.

"There is never a more important time for a woman's body to be toned," Cicchella hopes to see the new mother back in class with her baby in another few months, she said.

The postnatal exercises Cicchella offers are designed from studies in Harvard University and University of Chicago. These studies show that both physical and mental potential are increased with early exercise.

"The research showed that these children talk earlier, sleep better, have better appetites and experience a greater acceleration in their motor development, coordination and agility. In addition to that, there is a positive bonding experienced between the parent and child, which is an essential part of the child's psychological growth."

"THE ROUTINE of diapers and feeding is diverted with a routine of just being, loving, playing, exercising with the baby alone."

"Mothers learn the exercises in class and continue them on their own at home. The babies should be anywhere

from 2-8 months for a maximum benefit from this program. Then they can join our Moms and Tots Gym and Swim Class."

Another new class Cicchella will instruct this spring is "Weight Loss and Nutrition," designed for the man or woman who is tired of losing weight and gaining it back again.

And she will take part in a women's vacation called "Fun Fitness Weekend."

THE FITNESS weekend runs from 8:30 a.m. Saturday to 4 p.m. Sunday, Feb. 25-26, with meals included in the fee and optional overnight accommodations.

Workouts on the agenda are aerobic and swim sessions, weight training, water exercises, back exercises and yoga.

Interim classes, lectures and demonstrations will be given on health, nutrition, beauty and diet.

During free periods, participants can play volleyball, hike, swim or jog.

Cicchella will head several of the fitness and nutrition sessions.

In her "Weight Loss and Nutrition" class as well as during the fitness weekend, Cicchella will emphasize eating as a way to gain energy instead of fat.

OTHERS ON the staff for the fitness weekend will be Laurie Stasiak, a recreational director; Kay Burns and Barb Ryan, both fitness instructors; Margo, a yoga instructor; Dan Burwell, a karate instructor; and Kathy Yugo-vich.

Massage will be available by appointment for an additional charge. Women who sign up for the weekend must have a signed statement by their doctor that states they are able to participate in the fitness activities.

TWO OTHER new offerings are on Mercy's late-winter brochure: indoor jogging and a working person's workout.

A \$10 pass entitles joggers to use the gym, showers and locker rooms for a month on lunch hours and after work.

The working person's workout is a noon-time program that gives a stretching, strengthening, aerobic week-day break.

Registrations are being accepted for the sessions, which run from March 2 to April 19 in the center at 28600 11 Mile Road. Registration information is given by calling the center, 476-8010. Brochures are available on request.

Chapel Choir stops on a concert tour

The Capital University Chapel Choir performing a concert at 3 p.m. Sunday, Feb. 26, in Detroit's acoustically perfect Orchestra Hall. The concert, which is open to the public, is part of the choir's 11-day, five-state spring tour. Selections vary from Renaissance to contemporary music. For ticket information contact Rev. Dick Knass at 561-0168.

Three area residents sing in Chapel Choir. Jody Lynne Dague, a junior nursing major, is the daughter of Robert and Joan Dague, Dearborn Heights. Another nursing major, Helen Gregory, a freshman, is the daughter of Donald and Jean Gregory, Troy. David Tupper, a junior chemistry major, is the son of Richard and Donna Tupper, Farmington.

This year's program includes one of J.S. Bach's six existing motets, Singet dem Herrn, and two compositions written especially for the choir. Also featured are selections performed for the Ohio Music Education Association Conference by DePue, Fiesinger, Brahms, Wyton, Roberts and Gabriell.

Last fall the choir celebrated its 55th anniversary. Since 1979, it has been directed by Dr. E. Richard Shoup, who also conducts Men's Glee Club and teaches music at Capital's Conservatory of Music.

Founded in 1830, Capital University is located on 48 acres in Bexley, Ohio, a suburb of Columbus. Eight degree programs are offered through Capital's five colleges.

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— Ardis Cicchella

3 from Troop 389 earn Eagle rank

David B. Abbott, James P. Dohr and Craig A. Sturgis attained the rank of Eagle Scout when Troop 389 hosted its Court of Honor this month.

The troop is sponsored by Nardin Park United Methodist Church and is led by Scoutmaster Edward Hansen.

Abbott is the 16-year-old son of Mr. and Mrs. Dan Abbott of Farmington Hills and an honor student at Brother Rice High School.

In addition to his work with the troop, most recently as senior patrol leader, he works as a caddy at Franklin Hills Country Club.

HIS COMMUNITY service project, a requirement for the Eagle Award, was completed with maintenance work on the grounds of Farmington Historical Museum. He supervised the laying of brick paths surrounding the

museum's rose garden. He will pursue a career in mechanical engineering.

Dohr is a senior at Catholic Central High School and the son of Fred Dohr of Farmington Hills and the late Elaine Dohr.

He holds a 3.86 grade average and works as a newspaperier and a part-time cook. During the summer, he is partner in a lawn-cutting business.

His community service project was done at Cloverdale Development Training Center, where he laid out and planted a five-senses garden for the students.

He will pursue a career in electrical, computer or aeronautical engineering.

STURGIS, the son of Mr. and Mrs. Gerald Sturgis of Farmington Hills, is a junior at Harrison High School, where he plays trumpet with the school's concert, marching and jazz bands.

Among his many positions in scouting he has been a junior staff counselor at Lost Lake Scout Camp.

The walk bridge that connects Farmington Historical Museum grounds with the adjacent church parking lot was built by Sturgis for his community service project. Sturgis supervised a crew of 12 to complete the bridge last summer.

Career goals for him lie in the fields of computer science or oceanography. Among the guests at the ceremony were Mark Phillips, band director at Harrison High School; Farmington Hills Mayor Charles Williams; state Sen. Jack Faxon; and Roe Ashline, who represented the Farmington Elks Club.

Dave Gardner, district executive for Clinton Valley Boy Scout Council, gave the Eagle Charge.

Ticket information is given by calling the school office, 647-6838.



David Abbott



James Dohr



Craig Sturgis

Preview party opens auction

Cathy Quaine, a Farmington Hills resident working toward Brother Rice High School's Irish Nite Auction, has acquired more items for the auction block than anyone who has ever worked on that committee.

"She's gathered up more than 1,500 pieces all by herself," said Pat Clagne, another committee worker getting ready for the annual fund-raiser.

This year Irish Nite will be a two-night event, beginning with a preview party at 7 p.m. Friday, followed by an

auction dinner at 6 p.m. Saturday, March 2-3 in the school at 7101 Lahser Road, Birmingham.

A \$5 donation guarantees a sneak preview of the grand auction Friday, with wine, cheese and fruit buffet, music by Patrick McDunn's Irish Gaels, and some fun and games designed by the committee made up of Brother Rice Mothers and Dads Clubs members.

A \$75 donation is the admission price for Saturday's dinner with local celebrity guests, duck pond fishing, silent

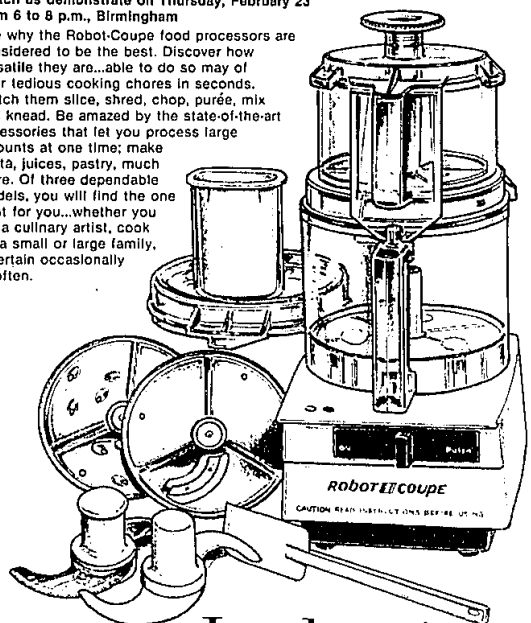
auctions and the live auction conducted by Frank Boos Gallery. The event winds up with a continental breakfast.

Proceeds will pay for the construction of a commons area proposed between Brother Rice and Marian High Schools. The structure will house cafeteria and recreational facilities for both schools.

Brother Rice is a college preparatory school for young men staffed by the Christian Brothers of Ireland.

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