

Suburban Life

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Keeping fit by swimming

72-year-old amasses medals in national competition

Carl Thornburg returned from the U.S.-National YMCA Masters Swim Meet in Bowling Green, Ohio, this spring after being declared the "most outstanding swimmer" in his class.

Along with the title he brought home 193 silver medals for second-place wins, two bronze medals for third-place wins and two more bronze medals for fourth-place wins.

Not too long before that he had completed a 2,900-yard swim in an hour's time in a world-wide meet in Florida, and tied for 13th place in the world.

Winning ribbons and medals and trophies for swimming is not new to the 72-year-old who works out two hours every day in Farmington YMCA pool, plus practices his diving in the pool on Orchard Ridge Campus of Oakland Community College.

But representing the local Y, and winning, in a national masters meet in his first try in national competition of that caliber, made that last group of medals added to his collection a little special.

"I have a total of 84 blue ribbons. The trophies are all over the house and the medals are pretty heavy. They are too heavy to wear or even carry around. Being named 'most outstanding' for the Farmington Y out of the best 36 in the country was better than breaking a state record. Well, I don't know if I broke a state record. That was another meet and they're researching that now," he said.

THORNBURG's collection of medals has all come to him in the past four years. He began competing four years ago in the Senior Olympics in the 70-74 year-old class, then continued in the

same age class two years ago in other meets, mostly Y-affiliated. But he has been swimming and diving since his teens.

"I was always a better swimmer than a diver, but nobody paid to see me swim. I started diving with a dare-devil show when I was about 18-19, just as a way to make a buck. I did clown diving and did some pretty ridiculous things. We traveled, gave exhibitions, grandstanding I called it, and we tore the house down, every time," he said.

The swimming stopped for a while when Thornburg went into the army, but resumed immediately afterward.

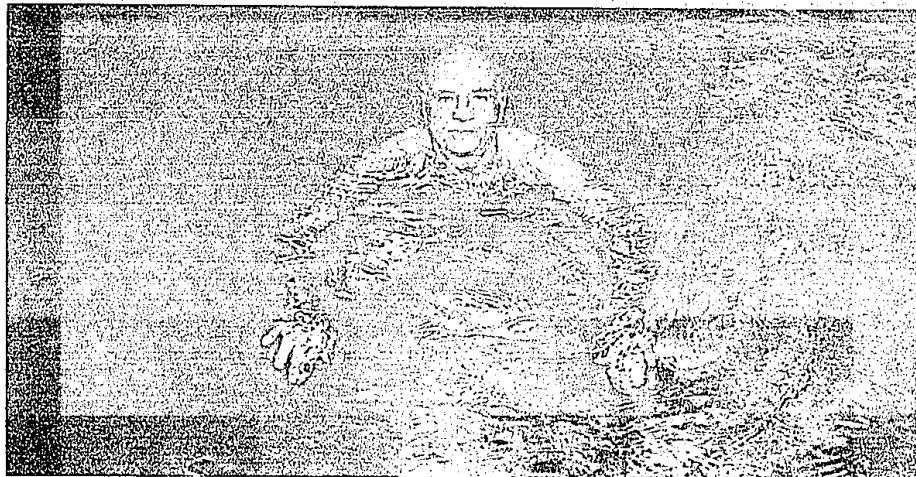
"I was in better shape than I had ever been when I got out of the service and I was determined to stay that way. Swimming was the best way I knew of to stay fit, and I almost, well almost, look and feel about that same way. Little more to work on here," he said, patting an almost indiscernible extra pound around his waist.

Now he says he swims, jogs, works with weights, to "Glorify God in body and spirit."

THORNBURG is his own coach. All of the coaches at both the Y and OCC know him and offer advice when they are asked, but for the most part, the philosophy he held when he was a coach holds for him now, as it did when he was teaching diving.

"My kids were the state champs," he said of the team he coached for the Northwest YMCA, in Detroit. "I taught them how to grandstand, how to show off, how to concentrate, how to take their time, how to think about what they were doing."

"I used the same methods for myself and I think that paid off for me in the



TOM BAER/staff photographer

At 72, Carl Thornburg made his first attempt in national swimming competition and came home a winner. He's been swimming since he was a teen-ager but competition didn't start until four years ago when he entered the Senior Olympics, which was followed by com-

petition sponsored by the YMCA. The Farmington Hills resident says swimming is the best way he knows to keep in good physical shape.

diving competitions in Bowling Green," he said.

Even so, he takes off from his home in Detroit Baptist Manor for Florida at

least six weeks each year to work out with a favorite coach, and is eager to learn new philosophies and methods. "That's why we continue to break re-

cords in the Olympics," he said. "Better methods of training, exercising, drills for swimmers as well as divers. And I'm sure they'll keep getting better

and keep breaking records." Thornburg is a retired carpenter and a member of Temple Baptist Church, Redford.

Fantastic Funschool

Making summer school a little special

Summer school for youngsters in the Farmington area has traditionally been catch-up time.

Last summer the remedial studies offered were supplemented with the school system's first Computer Camp. "This summer the offerings all come under the heading of 'Farmington's Fantastic Funschool' programmed by Lou Wichert who says her aim is to make summer school 'just a little special'."

Wichert's little special summer classes are expanding to include enrichment sessions in the arts and languages, never offered before, in addition to computer camp and basic concepts in science, math and reading. "The instrumental music students will be working toward an end-of-the-summer recital for their parents and the art students will be showing their work in show," Wichert said.

The classes who take a foreign language will be learning about the culture of that country, and that will also include the students who will be studying English as a second language. "Another something special on the agenda is the number of classes parents can take with their children. Parents and children can learn Japanese, Spanish or French together."

Parents and their children can enter the same fitness class together, or they can learn how to work a computer together, ranging from its basic concepts up through creating their own computer games.

COMPUTER CAMP is open to children as young as kindergarten age, with or without their parents, and in-

cludes lab time, computer projects and games. Students may work in their prime interest area, or explore all the programs that are offered in each of the three sessions.

Wichert designed the area's first computer camp introduced here last summer, and had it received so well she is now acting as "sort of the principal," she said, for the fun school.

"I looked for things for the regular kid to do that he or she doesn't get much of a chance to do during the

school year," she said of the listing that includes offerings such as puppetry, chemistry experiments, pottery making, creative writing and storytelling.

She also offers special rates for those who want to sign up for more than one class, or more than one session, or for two or more members of one family.

All classes in Farmington's Fantastic Funschool run during the morning hours in Ten Mile School Community Education Center, on 10 Mile Road, east of Farmington Road. Sessions be-

gin June 21, July 5 and July 17.

Brochures, which include a registration form, will be sent on request by calling the office of Don Howell, director of community education, 471-6329.

2 place in state level of Reflections contest

Two Farmington youngsters took prizes in the state level of the 1983-84 Reflections Project, sponsored by the National PTA to generate creative expression in the fine arts among elementary school children.

Erin Scheffler, a third grader at Gill Elementary School, took a second place for her entry in the music category.

Kristin Vrevis, a fifth grader at Longacre, took a third place spot in the music category. This was a second win for her—she placed in the state level in the same category two years ago.

Theme for the year was "I Have a Dream" which the contestants used in their entries in the visual arts, literature and music categories.

All entries in each division were

judged on evidence of creative ability and expression of the theme.

Picnics benefit zoo

The Zoological Parks Commission and Detroit Zoological Society will sponsor a "Star Spangled Night" to benefit the Penguinarium Renovation fund 7:30-11 p.m. Monday, July 2 at Riverfront Apartments, 300 Riverfront Park, Detroit.

The evening includes a picnic supper and a bird's eye view of the fireworks display along the Detroit River for \$50 per person and private covered parking.

For reservations call the Detroit Zoological Society at 339-1310.

Clarification

Some clarification is necessary regarding the article "Search is on for beautiful babies" concerning the Farmington Area Jaycee Women's annual contest which appeared in the June 7 issue of this newspaper. The contest is open to babies from infancy to those who have not reached

their first birthday by June 1, 1984. All babies are eligible except children whose parents are members of Farmington Jaycees or Farmington Area Jaycee Women. Chairman of the contest this year is Louise Coleman, who will take inquiries at 476-4431.



When summer temperatures soar, a perennial pest moves into your home for the season: Hot summer air. Fortunately, there's the heat pump—the air conditioning system that gets rid of hot summer air and helps you save money. Because the heat pump is

a dual-purpose system, it's better than central air conditioning. The heat pump moves heat out of your house in summer, so you stay cool, and into your house during cold weather, so you save on fuel. And you'll save on energy costs the year round. Call Detroit Edison for a

list of qualified heat pump dealers. It's a smart way to take the heat off your home—and your budget.

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Hutzel names associate

Jerothy Deremo of Farmington Hills has been named associate hospital director of nursing services at Hutzel Hospital, in Detroit Medical Center.

Before her appointment, Deremo served as associate director of clinical nursing at Harper Hospital and also worked at Detroit Receiving Hospital University Health Center.

Deremo earned both her bachelor's and master's of science degrees in nursing from Wayne State University.

During the past several years, she has served as an assistant professor of nursing at Wayne State University and Michigan State University.



Dorothy Deremo

Professional volunteer help needed

The help of professionals is needed by Farmington Youth Assistance (FYA). The service organization is sponsored by the cities of Farmington and Farmington Hills, Oakland County Juvenile Court and Farmington School District. Its aim is to reduce juvenile delinquency and enhance family life. Interested lawyers, teachers, CPAs and those with leadership qualities are asked to contact the FYA office, 476-2840.