

This living legend hikes for health



Walking helps improve our capacity to take in and use oxygen.

LAST MONTH I had the pleasure of meeting a physical fitness legend — Robert Sweetgall.

Motivated largely by four heart disease-related deaths in his own family within a single year, Rob left a well-paying chemical engineering job in 1981 to initiate a 10,000-mile journey on foot around the United States.

Some 279 days later, he had jogged and walked through 37 states, having worn out 25 pairs of shoes. During his trip he stopped to talk to thousands of students on health and physical fitness.

On a spring night in 1984, Rob began thinking of his next challenge. With road maps sprawled out on his desk, he detailed a new route, town by town, city by city. This time the journey would cover 50 states in one year, all by walking.

Since the previous trip had caused some 80 blisters, considerable leg soreness and foot pain, Rob decided that running would not be part of this journey.

AS HE planned the walk, he realized he would need financial backing. Within a few weeks, Gore-Tex Fabrics and the Rockport Co. decided to sponsor him.



fitness
Barry Franklin

A short time later, Dr. James Rippe, a cardiologist at the University of Massachusetts Medical School, organized a team of researchers to scientifically document the physiological effects of the walk.

On Sept. 7, 1984, Robert Sweetgall began his 50-state, 11,600-mile "Walk for the Health of It." He departed from his home town of Newark, Del., carrying just a five-pound waist pack containing medicine and a first aid kit.

His goal was a formidable one — to maintain about a four-mile-an-hour walking pace, 32 miles a day — a marathon and a quarter.

Rob initially headed west, across the middle western states, down the Pacific coast, across the South, up into the lower middle western states, back down to Louisiana and Florida, up the east coast into New England and back down to New York. He also made one-day trips to Alaska and

Hawaii.

His memorable trip took him through mountains, deserts and blizzard conditions. Several times he experienced hypothermia, an excessive body heat loss caused by exposure to cool wet weather.

HE WAS chased by animals and was once mistaken by police for a jogging bandit. Between walking and talking with people, and eating about 10 times a day, he managed about five hours of sleep a night, sleeping wherever he could.

Nine times during the walk Rob was flown to the University of Massachusetts for a day of physiological evaluations: exercise stress testing, body fatness assessment, muscle strength testing, heart volume pictures, lung function testing, metabolism checks and blood chemistry studies.

What did the researchers find?

Probably the most significant change was that Rob's capacity to take in and utilize oxygen was markedly improved.

Moreover, he lost body fat, the efficiency of his walking stride improved, and he experienced these beneficial changes without injury.

On Sept. 5, 1985, Robert Sweetgall completed his walk in Manhattan, N.Y. He had done 50 states in 50 weeks.

TODAY, ROB serves as the executive director and founder of the Foundation for the Development of Cardiovascular Health. To a large extent, he serves as a spokesman for health and physical fitness.

Rob contends that one does not have to walk 11,600 miles to stay healthy.

Walking, he says, is a means to a healthy heart for the vast majority of Americans. It requires no sweat, no competition, no machines, no memberships, no expensive gear.

Rob's story is an inspiring one to those of us who "don't have the time to incorporate fitness into our lives."

Barry Franklin, Ph.D., is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak.

Student internship is available in cable TV

The Southwestern Oakland Cable Commission has a student internship program to further develop community involvement in cable television and radio.

The function of our office is to administer the franchise for Farmington, Farmington Hills and Novi as well as coordinate community programming.

The interns work directly with Lark Samoulian, who coordinates and provides guidance to enhance the students' television and radio production experience. Increase their awareness of local community development, public relations and consolidation research material to provide for cable television programming, which shall lend itself to continuity of thought, professional finesse and family entertainment.

Programming shall generate for government information service to individual program projects requested from citizens in our communities.

To be a successful internship program, several needs must be met:

- Student must gain practical experience in a realistic business setting (not to be used as just crew).
- Student and SWOCC staff must respect the commitment of this endeavor as though it were a paid staff position.
- Continuous product must be realized as a result of consolidated efforts such as the cable television program, radio program, information updates, newsletters, articles or press releases, art — backdrops and sets.
- Students must gain awareness of disciplines appropriately coordinated to provide a well-balanced production.
- New contacts to nurture for career development should be a natural result of conscientious efforts.
- Students will be familiar with television three-fourths-inch format or radio production equipment.
- Each school has indicated different time commitments for specific credit hours. Therefore, forward documentation necessary to expedite our joint effort.
- Students applying for the internship program must apply in person and share an interview with Lark Samoulian.

Metropolitan of Oakland County's public-access programming for the week of July 21.

COMMUNITY ACCESS PROGRAMMING SCHEDULE
Channel 12
Monday, July 21

- 12 noon — Lifestyle. Repeat at 6 p.m.
- 12:30 p.m. — Expose. Repeat at 6:30 p.m.
- 1 p.m. — Serendipity. Repeat at 7 p.m.
- 1:30 p.m. — Southfield Madri-

cable connection
Lark Samoulian
executive director,
Southwestern Oakland Cable Connection

Tuesday, July 22

- 12 noon — Summit University Forum. Repeat at 6 p.m.
- 1 p.m. — Novi Middle School Book. Repeat at 7 p.m.
- 1:30 p.m. — Tri Outlook. Repeat at 7:30 p.m.
- 2 p.m. — Living With Asthma: Treatments. Repeat at 8 p.m.
- 3 p.m. — Duel of Knowledge.

Wednesday, July 23

- 12 noon — Cooking with Class. Repeat at 6 p.m.
- 12:30 p.m. — Serendipity. Repeat at 7 p.m.
- 1 p.m. — Rainbow of Gymnastic Performers. Repeat at 7 p.m.
- 2:10 p.m. — Larry Hayden. Repeat at 8:10 p.m.

Thursday, July 24

- 12 noon — Perception. Repeat at 6 p.m.
- 12:30 p.m. — Madonna Magazine. Repeat at 6:30 p.m.
- 1 p.m. — Tri Outlook. Repeat at 7 p.m.
- 1:30 p.m. — Viewpoint. Repeat at 7:30 p.m.

Friday, July 25

Repeats are run between 4 and 9 p.m. Call and request a show and time before Friday.

recreation news

Each week, the Farmington Hills Parks and Recreation Division will present a synopsis of upcoming activities in this column. For more information about division programs, call the office at 474-6115. To discuss Farmington Hills City Council agenda items, call the division executive: 476-3838.

DISCOUNT TICKETS

A variety of admission tickets at a discount to residents are offered through the Farmington Hills Department of Special Services in cooperation with the Michigan Recreation and Parks Association. Tickets to such attractions as Bob-Lo Island, Cedar Point, Crossroads Village and many more are available. Tickets are on sale at the City of Farmington Hills' Recreation Division office and the City of Farmington's Finance Department through Sept. 2.

TENNIS LESSONS

The basic fundamentals of the game are stressed while each participant sharpens his own tennis skills. Class members provide their own tennis racket, all-purpose athletic shoes and a can of new balls for the session. Session III begins July 21 and runs through Aug. 14 at Farmington High School on Mondays and Wednesdays and at North Farmington High School on Tuesdays and Thursdays. There is a maximum of 10 participants per class. Fee is \$22 per person.

SWIMMING INSTRUCTION

Swimming instruction for beginner through advanced swimmers is available. Classes are held Monday through Thursday in a two-week session at North Farmington High School. July 21-31 is the last remaining summer session. Class participants must be 38 inches tall at their chin height. Pre-registration is necessary and handle on a first-come, first-served basis through the recreation office. Fee for the session is \$22.

GOLF LESSONS

Improve your golf game by learning the proper stance for the game

as well as the correct method of holding and swinging a golf club. Session 3, July 28 to Aug. 21, is held on Mondays/Wednesdays and Tuesdays/Thursdays at the Novi Oaks Sports Center. Fee for lessons is \$22 and \$12 for senior citizens.

BASEBALL EXCURSION

Travel to Tiger Stadium on Friday, Aug. 6, to see the Tigers take on the Boston Red Sox. Only pre-registration through the recreation office by July 23 will be accepted. Children under 12 years of age must be accompanied by a parent. Buses leave Farmington Hills City Hall at 8:45 p.m. The fee for the excursion is \$15 and includes a reserved box seat ticket.

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• 2:50 p.m. — The Macabers in Concert. Repeat at 8:50 p.m.

• 3:50 p.m. — Detroit Metropolitan Youth Fitness. Repeat at 9:50 p.m.

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