

Keeping body and mind fit

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to keep both body and mind in shape.

The center, under construction since May, opens today with a philosophy that embodies more than strengthening pectorals.

"It captures the heritage of the YMCA in that it focuses on the body, mind and spirit," said Kevin Bush, executive director.

Members of the center, on Farmington Road at New Market, will be treated to more than just exercise routines. Along with aerobics, swimming, jogging and exercise machines, center instructors are prepared to offer seminars in nutrition, stress, and job management.

THE DIFFERENCE between

the Y and commercial outfits, said Bush, is that the Wellness Center doesn't just highlight physical fitness as a method of better living.

"What we once offered in segmented aspects of the Y we have now brought together under one roof," Bush said. "This new center will become the focal point for bringing members together."

YMCAs have been bringing people together for more than 100 years when the concept of providing a community meeting place for people to sleep, eat and exercise evolved.

With more than 14 branches in the metro Detroit area, the Wellness Center is the first of its kind, Bush said.

More centers are planned now that the Farmington Y has found a way to bring to life what was once

just a concept in a speech in the late 1800s by Luther Gulick, an assistant instructor of a Massachusetts YMCA. In his speech, Gulick spoke of developing the spirit, mind and body.

"Just like you need to create a balance between the body, mind and spirit, you need to create a balance to maintain a healthy body," Bush said.

As a result, instructors will emphasize the need to cross-train, or use different methods of exercise to accomplish the same goal. This means that the exerciser has a well-rounded regimen, Bush said.

The center, a 2,200-square foot addition to the Y building, was built with donations made during a 1985 capital fund drive. More than \$363,000 was raised, bringing the drive to almost 96 percent of its

fund-raising goal.

COMPUTERIZED HEALTH testing will be offered as well as a daily exercise routine designed specifically for the individual. The next move, Bush said, is to recruit local schools and hospitals to utilize the center.

"We're looking at special populations, such as who would use us for rehabilitative purposes — handicapped individuals — for example," he said.

The center will host an open house for old and new members from 11 a.m. to 2 p.m. Saturday, Oct. 24.

YMCAs hours, including the Wellness Center, are 6 a.m. to 11 p.m. Monday-Friday; Saturday, 8 a.m. to 6 p.m.; and Sunday, 10 a.m. to 6 p.m.

Educator remembered for his warmth

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assistant at Farmington High in 1973. He served there for several years before returning to the central office as administrative assistant to then community relations director Don Howell.

Tyler left the district in the late 1970s to a business business venture out of state, and returned in 1980, accepting the purchasing agent's post. He retired last January.

HIS MOST recent accomplishment was to organize state and coun-

ty business administrators, so purchases could be made centrally to save districts money.

"Even in his last year, when he was quite ill, he put together a state-level purchasers committee," Flanagan said. "He was saving districts, literally, hundreds of thousands of dollars."

Thanks to Tyler, the statewide panel is "now one of the very successful groups" in the Michigan School Business Officials organization based in Lansing, according to MSBO executive director Wally Piper.

Tyler not only organized the purchases three years ago, but chaired the group for its first two years of operation.

"He did an excellent job," Piper said. "He was cooperative and congenial."

DURING MANY years of working with Tyler, Flanagan said he developed a friendship and solid working relationship.

"We worked closely together," he said. "He was very concerned about the district and other people. We'll miss him."

Council supports highway changes

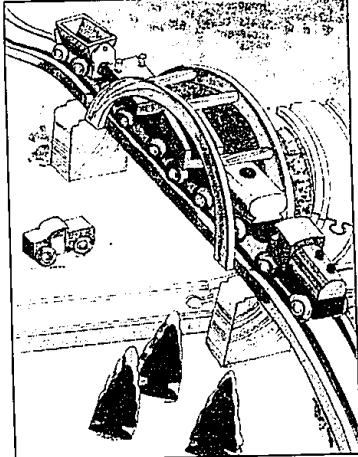
not been enough to fully address the increasing congestion, said David Call, assistant city manager, in a report to council.

The existing four-lane boulevard is in poor condition and with the increasing traffic, the roadway continues to deteriorate, Call said.

"... the overall pavement condition has deteriorated to the extent that shoulder maintenance can no longer adequately be performed," according to the resolution. "... the road surface has deteriorated over the years and is now cracked and patched creating an uneven road surface and an unsafe situation for vehicle traffic."

THE RESOLUTION and request for improvements came as the result of a meeting between city administrators and MDOT representatives about the highway's deteriorating condition.

"Several staff members from MDOT agree with the city administration that this roadway needs to be widened to six lanes and resurfaced to improve the condition of the roadway, the rideability of the roadway, the drainage characteristics, and to minimize the congestion along this roadway," Call said.



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Election information is shared on cable

Farmington Hills Council of Homeowners Association:

- Democratic Club: 7 p.m. Oct. 9; 6:30 p.m. Oct. 16; 4 p.m. Oct. 23; and 3 p.m. Oct. 30.

- League of Women Voters: 7:30 p.m. Oct. 16; 1:30 p.m. Oct. 19; 7:30 p.m. Oct. 23; and 8 p.m. Nov. 2.

- Homeowners Council: 8 p.m. Oct. 28; noon Oct. 29; 6 p.m. Oct. 30; and 6 p.m. Nov. 2.

The cable commission has scheduled the following air dates for the three scheduled debates, sponsored by the Farmington Democratic Club, Farmington-West Bloomfield League of Women Voters and the

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