#### O&E THURSDAY, FEBRUARY 6, 1992

Thinking spring

IN BRIEF

# Senior thrives on challenge

## By Alleen Wingblad

Discut Minute It could be said that Marshall Seybold is a step ahead of many of us. Or, more accurately, several thousand steps ahead. Seybold, nearly 75 years young, is per-haps the optiome of health and filness to the senior set. Sunday, the septuagenari-an successfiely completed a grueling vertical mule stair climb - eight trips up 72 flights – during the fourth-annual

garden event, the Observer would like to bear from you. The newspaper will consider announcing your pergram in a special bridal, fashioa and garden section this spring. Calendars in the sections will cover March, April, May and June. Mail announcements to: Special Sections Editor, Observer & Eccentric Newspapers, 36253 Eschoolcraft, Livonia 46150. Include the name of the event, event spacnost, type of event, time and location, admission charge and a daytime phene number that can be published. / Deadline for submissions is March 1.

it's never too early to think spring. If you're planning a spring-season bridal show, fashlou show or garden event, the Observer would like to hear

## He manages sales

ul N. Bedard, a Farmington Hills resident, has been named Midwest regional sales manager for Dover Chemical

Corp., a subsidiary of ICC Industries Inc. in ICC Industries Inc. in New York. Bedard's new sales territory includes Michigan, Ohlo, West Virginia, Kentucky and Indiana. Bedard comes to Dover Chemical from the Surfactants and Specialities Division of Rhone-Pouleno of Detroit where he was where he was national accounts manager for the tire

Paul Bedard

manager for the tire ord busines. A native of Boston, Bedard received his undergraduate degree in chemistry from Assumption College in Worchester, Mass. He has done course work toward a matter of business administration degree at Adelphila University in Graten City, N.J.

### She's a 'fellow'

Anne Scheffler, assistant actuary with Alexander Hamilton Life Insurance Company in Farmington Hills, has been named a Fellow of the Society of

Actuaries. The Farmington Hills resident received a bachelor's degree in mathematics and computer science in 1983 from Eastern Michigan Scence in 1933 from Eastern nuclingan University. She earned the fellowship by successfully completing a series for examinations administered by the Society. Candidates were tested on mathematics and statistics.

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"To The Top!" fund-raiser for the Ameri-can Heart Association at Detroit's Wes-

Farmington Observer

**NEWS** 

can Heart Association at records ... the Heart Association at records ... And he met the challenge with just two minutes to spare, raising more than \$300 for the Heart Association to boot. "My goal was to finish the vertical mile during the (allotted) three hours.

Marshall Seybold works on the weights in his Farmington Hills home. Seybold recently complet-

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Completes vertical mile

and I did it in two hours and 58 minutes." sold Seybold, a longtime Farmington Hills redident. "It wasn't casy, but it all went OK. I'm glod I did ti. My coach (stail c limbing title holder Brendy Barr) was real good at keeping my mind off everything dur-ing the climb." "It was, 'Chug, chug, chug, keep on, chug, chug, chug, chug, keep on, chug, chug, chug, 'he said, adding that at the end of the climb."

py. the endorphins just cut loose." IPOR THE PAST year, Seybold trained for the climbing event, sitching to an in-tense exercise program of light weight-lifting and elimbing 2,000 steps three times per week. A brealthuid diet — he avolds fals and sait — is also part of his regimen, as are regular household chores to boost his physical well-being. "You have to make the body work," he said. "It's all part of the philosciphy." Seyboid explained that he shuns his riding Jawannower and power anow blower, choosing to hand shower his large driveway in the whiter and push a regu-lar mower in summer. And as for his different his long." He started in childhood to focus on he tilhuit more in one 60 years agen Seybold and it's part of the set o

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caling. Indeed, some 60 years ago, Seybold and his three siblings were honored as the "Healthiest Family of Four" in their school district in Mansfield, Ohio. Inci-dentally, Seybold's brother and two sils-ters are all in their 70s and in gcod bealth. ters a health.

Of course, Seybold said, when it comes Of course, Seybold said, when it comins right down to it, attitude and motivation play major roles in his lifestyle. Chai-lenge has always been Seybold's plea-sure. He prides himself on being some-one who can 'take the pressure" and who seems to thrive on stress and adver-tion.

who seems to infive on stress and auver-sity. Scybold, a former airplane pilot, is still an avid golfer. Than, his wife of 29 years, is also a fitness buff who enjoys malt-walking. They ve lived in Farming-ton Hills 20 years.

YET FOR all his confidence and posi-tive self-image, Seybold also displays a sense of humility and gratefulness for what he sees as his good fortune in life.

eight

"I'm well-blessed, very lucky and very fortunate. I call it 'Divine Intervention,' said Seybold, who retired two years ago as manager of industrial relations for the Milford Fabricating Company.

Indeed, he said doctors are pleased and he's "astounded" with his recent medical/litness evaluation. Physical testing has him rated outstanding for his age group, with heart rate and blood pressure scores rivaling those of a much younger man, he said.

In fact, lots of folks who meet Seybold are annaced to find that he is in his mid-70s. One young athlete he met while training for the fund-raiser insisted on seeing Seybold's driver's license to veri-fy his age.

Upon checking it out, he said: "Hey, I didn't know you could still get fake ID."

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easy, but it all went OK. . . My coach (stair : climbing title holder Brendy Barr) was real

good at keeping my mind off everything during the climb.

- Marshall Seybold

And when it comes to arthritis or other maladies common to older tolks, Seybold so far has escaped them. "I feel great," he said, "and I'm just glad everything still works."

Will Scybold attempt the vertical mile at the Heart Association fund-raiser in 1993?

"That's something I have to think about," he said. "But I'm definitely kcep-ing up, with my exercise program. In fact, 1'll be adding to it. I'm going to st art using my exercycle. The whole point is exercise. Exercise will do it."

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ed the "vertical mile" — eigh Irips up 72 flights of stairs - a Westin Hotel in downtown Detroit.



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