Celebrities help spotlight Special Olympics

By WENDY PIERMAN MITZEL SPECIAL WRITER

Sywinty views that have been all the sea of blue and down like ducks in wavy waters, as adults, children clebrities and volunteers hit the floor and gave 20 to the tune of "Chicken Fat" in proparation of the big event. They stretched to be right, turned to the left and touched their toos.

"I see some cheaters out there," Beverly Hills resident Ken Calvett, from Farmington Hillshased Will.Z.FM Radio, yelled the crowd on the wood floor.

the crowd on the wood floor.
There were no egos allowed here. Only a community of people joined together to celebrate a very



Teamwork: Coach Margaret Dillon of Beverly Hills leads a team of Special Olympians during Sunday's competi-

Special Olympics.

More than 450 volunteers, 70 Special Olympians and hundreds of speciators and supportars filled the Lepley Sports Center gymanium at Oakland University in Rochester Hills for the Oakland County Special Olympics Suyers are Competition Sunders.

In its 18th year, the event formantally retarded athletes of all ages gives them a forum to compete and this year raised \$37,000 for training, competition, unforms, equipment and other costs for the organization.

Thirty-flux teams of two athletes, aponsor representatives, a coach and a celebrity team cap-

tain cheered in support and en-couragement as the teams com-peted in three events. Van Earl Wright of WDIV-TV4 was there, but he wasn't doing a live sportcest. Wright was alld-ing down on his belly. Paul Coffey from the Detroit Rad Wings helped his athletes dodge through an obstacle course. And Stacey DuFord from Dearborn-based WNIC-PM Radio was shooting backey pucks. Ken Calvert stuck to what he does best — announc-ing.

to what he does best -- announcing.

"There's no chore involved at all. I look forward to it," explained Calvert. "It's a thrill to be surrounded by so many great people... and then you have the colorities."

Some of the stars have volun-

pile . . . and then you have the cobebrities."

Some of the stars have volunteered their time for years and get
to know the Special Olympians
well. Detroit Lions Hall of Famer
Lem Barney of Southfield has
only missed one Superstars Competition so far and flew in early
that morning from a charity golf
event in Florida. He said he
wouldn't missit.

"I've always enjoyed working
with children, particularly those
leas fortunate. Seeing them enjoying themselves is a real treat for
me," he said as he bounced 8year-old Jessica Sawdon of Royal
Oak on bis lap. She gigied and
reached up to touch his face.
"This is my third year with Jessica and Josey." (That's Josey Rey,
also 8).

The Special Olympians train

also 8).

The Special Olympians train with their coaches during gym time at their schools. When it comes time for the games to begin they are ready to use the skills they learned.

they are ready to the the same they learned.
"It increases their physical fit-ness, their mental awareness," said Nancy Joseph, area director for the Oakland County Special Olympics. "It contributes to their emotional well-being and they make friends."
Mike Courtright, 17, from Ro-

make friends.

Mike Courtright, 17, from Rochester Hills, walked away with a smile, many now friends (including team captain Tracey Scroggins from the Detroit Llons), and a plaque for the Senior Team Overall Championship Award. "I fearned respect, to be cheerful and always do your best," Courtright explained, still beaming with excitement and pride.

able all day to provide free blood-pressure readings. Additionally, anie al day to provide the statu-pressure readings. Additionally, the American Heart Association is offering four-hour CPR instruc-tion; successful completion of this class earns certification for two

years.

The scheduled classes, which focus on preventive medicine, such as "An Gunes of Prevention" at 11 a.m., are likely to be popular assisions this year, LeFebre said.

be said.

"While health issues are not something men deal with as regularly as women, it's important not to address just gender-specific health concerns." Lefebre said. Preventive modicine in general is going to be key in the future to improving people's lives and lowering health care costs."



Many different organizations helped to make the day a success.

His father, Don, said the event is a good experience. "It's fun. It's Rochester Adams and Rochester admething he likes to do with the other kids."

Many different organizations

Variety of free classes signals Health Day '95

These days, developing and maintaining a personal, one-on-one relationship with a doctor in difficult. But organizers of Health Day '95, a day-long event of free health classes to be held Saturday, March 25, at The Community House in Elimingham, are hoping to change that.

"Many external forces are exciting an impersonalizing influence on the doctor-patient relationship," said Kurt LeFebre, excettive director of Oakland Medical Society, which organized this year's second annual Health Dey event.

Some of those forces include an

Day event.
Some of those forces include an

Some of those forces include an increase in paperwork and corporate influences. And if doctors are employees of bospitals, many often have quotas requiring them to treat more patients in less time. Thing like that really tend to undermine the traditional doctorphient relationship. he said. And that's what Health Day '90' its recapture that conversation Simb your physician." Health Day '90 is a full day of the proposition of the

from.

"At these sessions, people will have that time to ask queetions and receive the detailed answers they're looking for." LeFebre said.

"Two popular classes from last year's event, pediatrics and psychiatry, will be offered twice, once in the morning and again in the afternoon.

afternose.

The program will kick off at 9 a.m. with a keynote address featuring news anchor Jerry Bodek from WJBK-TV, Channel 2, who will introduce the keynote speaker, Evelyn Danliks, frost the Food & Drug Administration.

Hay preparation, antitlad

Food & Drug Administration.
Her presentation - entitled
"Health Fraud," will offer a revealing and humorous holt at
predicts removed from the marlet for fraudulent health claims.
"Fellowing Dollthis's speak is a
choice of seven classes per hour,

m'At these sessions. people will have that time to ask questions and receive the detalled answers they're looking for.'

Kurt LeFebre Oakland Medical Society

with presistations commencing at 10 a.m. and 21 a.m. There will be a break for lunch at noon, fol-lowed by afternoon classes begin-ning at 1 p.m. and 2 p.m. Participants may sign up for the full day of classes, spend half a day, or come for only a one-hour session.

a cay, or come for only a unservoire session.
Chairing the event is Dr. Susan Thoms, a physician member of the Oakiand County Medical Society. Coordinating the efforts of many, she said she gives credit to Health Day's team of planners.
Advisors representing the cosponeous this year are Jim Sattovich for Oakiand Printing Services, Lealle Droiet from The Community House, Bob Kampf and Bob Sklar on behalf of The Eccentric Newspepers, and Kath-

and Bob Skiar on behalf of The Econtric Newspapers, and Kath-leen Koslowski for WJBK-TV2. "Aside from manpower, consid-erable costs are being absorbed by each of the co-sponsors to bring this program to the public," Thoma said, "because we all have the belief that Health Day is a worthwhile and pace-setting event."

Janet Fouracre, the event's coordinator, said Health Day's hallmark continues to be its discounted by the continues to be its discounted hedotors concept.

The program was designed to provide smple opportunity for the audismos to nek general health questions of physicians from a valety of medical specialities in a day-leng format," she said.

In addition to this day of physicians led classes, surpass from the American Red Crose will be avail.

HEALTH DAY '95 CLASSES

FIGALTH D.

6. Bath to Depart M.

10 the Service Country of the service Country from the service Country of the service C

vand for two years.

13 a.s. sciences

8. Age the Psychiatrics with cours our emotions with being larms to recognize the signs of tress, easilety, and depression; normal stages of the grieving process; and how to be support of someone in a crisis stage.

1. Ask the Indicated will carrier health factor than the Indicated will carrier health issue to men of all age, including a rower of the inge, and in the inge, and in

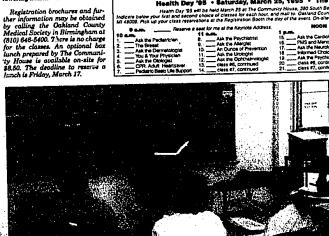
ical power of attorney; and the organ donation option. 19. Aga the Psychlatics (w class description #8)

2 P.a. exspore 2.8 per la the 1992's will focus on being seary at my age; and review prevention and treat-ment of sexually-transmitted the search of the 1992's and 1992's and 2.8. Common Enversancias will sent through minor inedical needs in contract to situations requiring professional extension to the 1992's and 1992's and 1992's and the 1992's and 1992's and 1992's and bouleasted information to exist and a bouleasted information to sentiate a bouleasted information of the 1992's and termity medicine cablest.

tamsly medicine cabinet.

24. <u>Ask the Geriatrician</u> will examine healthy living through the aging process, either in yourself on older loved one; and address common concerns of soniors, such as arthritis, visual and hearing distributions.

Heading by 59 with 56 head March 52 at the Community House, 300 Soon Bates, Birmogham, M 44009, House below your lest and second choice of classes for each hour, and mail to Oakend County Medical Society, 505, 51. 65 Middleson, 100 your less reservoices at the Application Bookin deer of the warm. On this Ooken County Medical Society, 505, 51. 65 Mid-4000, Proto your class reservoices at the Application Bookin deer of the warm. On this Open Europeant used 2 p.m. owners until 2 p.m.
_\$8.50 enclosed for Bar Lunch.
\$p.ms.
22. _Sax in the 1990's
23. _Common Emergencia
24. _Ask the Geristrician
25. _Ask the Podistrician
26. _Cuedons to Ask four
27. _class 66, continued
28. _class 67, continued



Dialogue with doctors: Dr. Elliot Wagenheim (left). author of "Managing Stress," presented "Ask the Psychiatrist," at the first Health Day, held last car. He will host the ques tion-and-answer session again this year at 11 a.m. and 1 p.m. Saturday, March 25, at The Community House in Birming-