

Resident led ice cream companies, civic groups

Ernest W. Sharpe, a prominent Detroit civic leader who served as the top executive of many of Detroit's major milk and ice cream companies during a five-decade career, died of a heart attack May 9 at St. Joseph Mercy Hospital in Ann Arbor. He was 75.

Mr. Sharpe, a 40-year Farmington-area resident, served as chief executive officer of Livonia's Wilson Dairy and Seattle-based dairy food company, Arden Mayfair, in the 1980s.

He was executive vice president in charge of Borman's Wesley Quaker Maid Ice Cream Division

from the mid-1960s through the mid-'70s.

Born in Laurel, Miss., in 1920, Mr. Sharpe and his mother were impoverished when his father died during the early years of the Depression. As a young boy, then, he took odd jobs to help his widowed mother, who earned about a dollar a day taking in seamstress work from neighbors.

An outstanding high school athlete as a football halfback and track-and-field star, he was recruited by Georgia Tech, but left school before he ever played to join the service at the outset of World War II.

Mr. Sharpe served as an aide to Gen. George S. Patton in North Africa and Europe before requesting transfer to combat duty where

he earned seven battle stars and a Purple Heart.

He was one of the first paratroopers to be dropped behind enemy lines in the invasion of Normandy in 1944, and was in the first contingent of U.S. troops that liberated concentration camp prisoners at Dachau in southern Germany in 1945.

"He took great pride in the fact that he was part of Patton's 3rd Army, and the push across Europe," said a son, Richard Sharpe of Farmington Hills. "He had been a clerk, but transferred to combat duty. He said, 'I didn't come all this way to push paper across a desk.'"

Four months after the Nazis formally surrendered, the Allies staged their own version of the

Olympics, which had been suspended during the war, in September 1945 at Bad Toles, Germany.

It pitted the best athletes from the U.S., French and British troops. Mr. Sharpe took eight track-and-field medals, including gold medals in the high jump and 100 and 400-yard dashes.

During the first two decades of his business career, Mr. Sharpe rose to general manager of Kraft Foods' Sealtest Division in Michigan. In the late 1970s, he served as a special consultant to Baskin-Robbins, turning around the floundering operations of the British company's U.S. ice cream plants.

Mr. Sharpe devoted the last

several years of his career through the early 1990s to establishing back pain clinics throughout the United States as chairman and CEO of the McKenzie Institute of New Zealand.

Active in civic and local food industry affairs throughout his career, Mr. Sharpe was vice chairman of the Greater Detroit Chamber of Commerce and president-elect of the Rotary Club of Detroit in the late 1970s when he was struck by Guillain-Barre syndrome, an extremely rare nervous system disease that paralyzed him for a year and a half. He made an almost complete recovery.

Mr. Sharpe also was president of the Chamber's Food Industry

Council and a director of the Metro Boys Club and the Michigan Dairy Foods Association. He was a member of the Moslem Shrine and for 31 years the Rotary Club of Detroit.

He met his wife, the former Florence Sherman, in Chicago before the war. They were married in 1947.

Sharpe is survived by his wife, son, Richard, daughters, Janet Sharpe and Pamela Smith and five grandchildren.

Arrangements were made at Thayer-Rock Funeral Home, Farmington. A funeral Mass was May 12 at Our Lady of Sorrows Church. Burial was in Lake Geneva, Wis., in a church cemetery on a farm once owned by his in-laws.

American Legion, auxiliary volunteers plan Poppy Days

The American Legion and auxiliary volunteers will distribute the familiar red, handcrafted poppies honoring America's war dead on May 18-20, designated as Poppy Days.

These days are planned to coincide with Memorial Day, the annual event to pay tribute to those veterans who have died in the last 75 years.

It also honors the millions of Americans who have willingly

served their country in seven decades.

Each nine-piece poppy is made by veterans for veterans in auxiliary-sponsored Poppy Shops that supplement physical and psychological therapy needed by hospitalized and disabled veterans.

The auxiliary provides the materials and the volunteers. The veteran makes the poppy and is paid a small amount for each flower. For some, it is their only income.

No matter what the cost of maintaining and supplying the poppy shops, the memorial poppy is never sold, but given in exchange for a contribution.

The poppy program has been part of auxiliary programming for more than 70 years. It has been estimated that approximately 25 million Americans wear the poppy to honor America's war dead and all vendors contribute more than \$2 million for rehabilitation and welfare programs.

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Talk Back

DR. KRUTTSCH

TURN SPORTS INTO YEAR-ROUND FUN

Overcoming in weekend sports fun is so easy. Some muscles, joints or bones are tired. The fun of everyday life causes many of us to confine our physical activities to weekends. But by cramming all that exertion into two days, we risk bodily harm.

There are ways to reduce the risk of injury.

Establish a daily exercise routine for year-round conditioning. Learn to pace yourself and stop when you're tired.

Engage only in activities appropriate for your age and physical condition.

Avoid fast starts and stops, twisting, unusual positions and jerking body contact.

Finally, if you suffer an injury, see a Doctor of Chiropractic immediately.

Dr. Peter Kruttsch is the Director of Midwest Chiropractic Centers, located at 20635 Grand River in Farmington. He may be reached at (810) 471-6006.

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Arthritis Today

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FROZEN SHOULDER

Never be satisfied with a diagnosis of frozen shoulder. All the name says is that your shoulder hurts and cannot move; you know that much before you sought medical aid.

Frozen shoulder occurs with three conditions: Adhesive capsulitis, rotator cuff tear and calcific tendinitis of the supraspinatus muscle.

In adhesive capsulitis, the shoulder capsule shrinks for unclear reasons but often in association with diabetes or a recent blow to the shoulder. Medicine and physical therapy may help, but joint injection is the first treatment of choice to restore use and make sleep possible.

Rotator cuff tear allows injury to the shoulder. Injection can relieve pain, but return of function either takes time or surgical repair.

Calcific tendinitis results from past injury followed by incomplete healing. Medicine, physical therapy, or injection usually resolves the problem. Preventive action includes care in lifting and not failing to warm up before playing tennis, golf or walking.

If you ever have the diagnosis of frozen shoulder, ask for more information. Query your doctor on the cause and the proposed cure. All therapy take time; you cannot be expected to give cooperation without understanding.

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