

# COMMUNITY LIFE



ANDREW TOMASIN

## Would service hurt so much?

**A**gainst a clamor of negative sentiment I would like to state, in a quieter voice, my support of the proposal for mandatory community service as a high school graduation requirement. I am a junior at North Farmington High School where the proposal was prepared by teachers Ed Davis and Kathy Maisner and presented to the Farmington Board of Education. After the proposal was tabled to be voted on later, a petition against it was circulated by some students at North Farmington High School and garnered considerable support from the student body.

The proposal for mandatory community service would require a student to complete 40 hours of service (10 hours a year) before being able to graduate. The students themselves would have to plan their own projects. Typical service projects could be working at a soup kitchen or homeless shelter, cleaning or doing other tasks at city and state parks, and helping elderly or disabled people clean up their yards or homes. Similar programs have been instituted at other area high schools such as West Bloomfield and Mercy.

Opponents of the proposal claim community service should be strictly voluntary and some have stated their feeling that it is tantamount to "involuntary servitude." Many also think students have enough to do without having to worry about 10 hours of service a year. But is 10 hours

See SERVICE, 16A



Having a ball: Eleanor Morency, Opal Crozier and Susan Hegler, residents at American House Retirement Residence in Farmington Hills, join in an exercise program offered at the residence.

HOW POSTER

## Senior citizens fit for exercise



American House residents are encouraged to attend exercise classes regularly and to participate at their highest functioning level. The gains are not just physical. The participants' general outlook and self-esteem improve.

By MARY RODRIGUE  
STAFF WRITER

Older adults, especially women, can prevent broken bones associated with aging and osteoporosis by maintaining a regular exercise program. Bone fractures linked to osteoporosis

— the thinning of bones that comes with aging — are suffered by 1.5 million Americans each year.

In the past couple years, strength training and exercise for the elderly have become hot issues in the health field. From senior citizens living in-

dependently to those living in retirement homes and nursing centers, exercise programs for seniors are drawing considerable attention.

For the past year, the 11 American House Retirement residences in the metro area have employed fitness directors to work with the 800 plus residents. Exercise programs have been designed to fit the needs of participants and provide a safe, physical challenge.

"We have 29 residents participating at the Farmington Hills Ameri-

can House," said fitness trainer Mike Lentine.

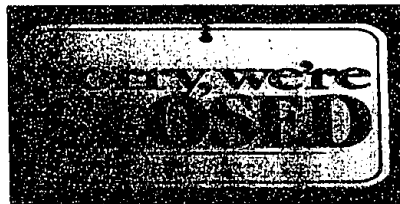
"We have three instructors now. Basically it's a low level cardiovascular circuit alternating with some stretching and strengthening exercises," he said.

"It's a well-rounded program. For each class the ability levels are different. We have to adapt both mentally and physically. It's kind of like an aerobics class — we adapt our

See EXERCISE, 16A



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