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Michigan colleges and universities, provides physical education teachers with tools to develop young students (K-2) both physically and intellectually on the way to life-long learning and fitness.

Unfortunately, Michigan is one of eight states with no mandated time for physical education which creates an opportunity for students to substitute interscholastic athletic, band or unrelated non-aerobic activities for physical education.

"New findings show that the risk factors associated with cardiovascular disease in adults, high blood pressure, obesity, high cholesterol levels and insulin resistance, might be mitigated by slowing the rate of weight gain during childhood and adolescence," as reported in *Circulation: Journal of the American Heart Association* by Alan R. Sinak, M.D., and professor of Pediatrics at the University of Minnesota Medical School Minneapolis.

Sinak's research furthers the notion that an overall lack of physical activity at an early age

can have a rippling effect throughout one's lifetime. It is estimated that obesity accounts for nearly six percent of all medical costs related to illness from orthopedic to emotional (low self-esteem) problems.

Sedentary lifestyle

According to *A Profile of the American Eighth Grader*, from the U.S. Department of Education, 12 and 13-year-old children spend 21.4 hours per week watching television compared to the paltry 60 minutes per week participating in vigorous physical activity.

Such an alarming statistic has been corroborated by a study from the University of Michigan that shows Michigan children are heavier than the rest of the nation and tends to have more young people who are overweight and obese. A similar study by the Michigan Department of Public Health reported Michigan adults were the heaviest in the nation and had the seventh highest incidence of high blood pressure.

"These data are disturbing," says Dr. Charles T. Kuntzleman, U-M faculty member and director of the Blue Cross and Blue

Shield of Michigan Fitness for Youth Program. "These weight differences, whether due to Michigan's harsh winters, an overall lack of physical exercise, heredity or poor eating habits, are troubling."

Kuntzleman said the only silver lining in the "dismal report" is that Michigan's youth may be a reflection of, rather than a leader of, a national trend showing America's youth getting heavier and fatter.

It is becoming even more important for influential factors in the promotion of a healthy lifestyle such as parents, teach-

ers, and physicians to frequently reinforce the difference exercise can make in one's life in the long run. The example those individuals foster is that maintaining a productive lifestyle from as early as elementary school can lead to an overall reduction in illness, time off from work and significant financial savings.

The gradual piling down of the physical education component in an elementary and secondary education program could have serious ramifications on the student as a whole. PE teachers supplement their exercise curriculum with lessons on body

composition, proper diet, following directions, cooperation, sharing, team play, motor skills and the effects of inactivity.

"Many parents think that soccer or baseball leagues or dance classes fulfill the activity requirements to keep their children healthy. However, merely providing physical activity is not enough. Educating children to understand how to exercise and how to develop the skills necessary to stay fit is equally important to their lifelong well-being," stated the Michigan Fitness Foundation.

Woman hurt in collision

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Not long after making a beer delivery at Applebee's restaurant, Budweiser truck driver Matt Bolda couldn't believe his eyes. A black, 1992 Ford Thunderbird was veering right toward him.

What happened next was a head-on collision.

Miraculously, a small tree slowed down his impact, enabling him to come to a stop with part of his truck on Grand River and the rest on the lawn of the Governor Warner Mansion, east of Gill Road. And the driver of the T-Bird, a 39-year-old Novi resident, was alert and answering questions from officers and paramedics, even though her car was so mangled that it took the Jaws of Life to extract her.

As of 5 p.m. Friday, the woman was listed in critical condition at Botsford Hospital, where she was undergoing tests. "I can't believe it," said Bolda, about how it was possible for the driver of the car to escape critical injuries or even death. "The way it felt to me was really violent. I was prepared, though. I saw her coming and then ... 'Now what am I going to do?'"

Farmington police are investigating the accident, which took place about 3 p.m. Friday. Bolda, a Dearborn Heights resident and 11-year driver with Budweiser, was driving in the curb lane on eastbound Grand River. The driver of the T-Bird was headed westbound, and crossed the center line, according to witnesses. Bolda was shaken up, but did not appear to be seriously injured. The woman was extracted out of her car around 3:30 p.m. Friday by members of the Farmington Hills Fire Department, who responded to the scene, and was taken to Botsford.

Farmington Public Safety Officer Hilton Hyde said the truck driver probably was not at fault in the accident.

"It looked like she was going to pass" the car in front of her, said Bolda, recalling the accident. "But she didn't pass, she just went left."

Bolda's truck came to a stop after running into a small tree on the Warner Mansion front lawn. Only 25 feet further was a huge tree. Potential trouble was avoided when he eluded telephone poles on both sides of the truck.

The Farmington Hills Police Department also assisted Farmington Public Safety with traffic control following the accident.

Hyde said speed and alcohol probably were not factors in the accident.

'I can't believe it. The way it felt to me was really violent. I was prepared, though. I saw her coming and then ... 'Now what am I going to do?'

Matt Bolda
—Truck driver



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