



Showing the way

Farmington High's welding and machine shop instructor Gary Gray (right) teaches Bob Teasche the proper method for setting up a vertical mill in shop class, one of the many district-wide programs in vocational education. (Staff photo by Harry Mauthe)

Use rings to help you dance

Dear Gemella,
How can I be a good dancer?
Mark H.

Dear Mark,
Anyone who can learn to walk can learn to dance. If they believe they can. A relaxed person automatically moves with the rhythm of music, even when he is not aware of it.

I often find myself walking, almost dancing, to the beat of the music on the public address system when I am doing my grocery shopping. (It's a good thing I usually shop after midnight, when the sales aren't so crowded.)

If you have trouble being this relaxed, perhaps this old spell will help you:

Gather some mushrooms from a fairy ring. A fairy ring is a circle of fungi that springs up in the grass overnight. People used to believe they grew this way because the fairies had danced circle dances there.

These rings are not hard to find. On dewy June mornings, they often appear even on well-kept city lawns.

Dry these mushrooms in a well-ventilated place or by leaving them spread on a rack overnight on very low heat in an oven.

When they are completely dry, grind them to a powder, using a mortar and pestle or a couple of stones.

Add to this powder just enough goat's milk to make a thin paste. Then massage your feet with this paste.

On second thought, since so many of today's most popular dances call for so much for movement of the feet as of other parts of the body, perhaps you should take a complete bath in it.

Dear Gemella,
Please help me interpret this recurring dream. I am walking down a muddy road and I get stuck in the mud. I can't raise my feet.

Other people walk on by. No one else seems to get stuck, but no matter how hard I try, I can't seem to get loose.
J.C.

Dear J.C.,
The dream you describe is a common one and usually occurs when a person feels he is in a rut and going nowhere, either in his job or in his personal life. It indicates the need for a good long look at your present situation, your ultimate goals and what steps you are taking to achieve them.



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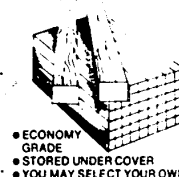
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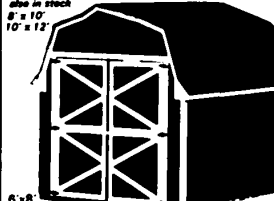
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COMPLETE LANDSCAPING NEEDS AND IDEAS

In The Pocket

By W. W. LOGAN

Seldom has one bad ball caused such a ruckus in a tournament as the one Pat Laowski, one of Detroit's all-star bowlers, threw in the Bowling Chanters rollofs last week at Colonial Lanes in Ann Arbor. Pat, who is well-known throughout the entire area, was having one of her best days and had her eye on the Bowling Proprietors top prize—a week's vacation in Hawaii—when her one bad throw left her with an 18-0 split. She lost the title by a margin of three pins.

She linked games of 218, 258 and 213 for an actual 876. With a spot of 56 she posted a final 723 but it wasn't quite enough.

The big prize went to Ithone Sudal, a 160-average bowler from Traverse City, who was given a 60 pin handicap and registered a 728. He'll have reason to thank about that one unlucky shot as he rolls on the beach at Waikiki. And Pat—she'll be enjoying a four-day visit to Las Vegas.

They topped the field of 81,000 bowlers who have contributed more than \$60,000 to charity.

WHEN IT COMES to odd names for bowling leagues here's one that is tough to beat.

One group of ladies at Westland Bowl selected the name "Bowling Bags," but don't call any of them by that name.

Robin May set the pace for this group during the first week when she came through with a 208 in 500 Sue Marrella landed in the runner up spot with a 531.

MORE THAN 5,000 teams are expected to compete in the annual Champion of Champions tournament sponsored by the Bowling Proprietors' Association of Greater Detroit. This would make it the largest team event in Michigan this year.

Eliminations will be held in a half dozen establishments in the western suburban area. They include Westland Bowl, Wayne Bowl, Wonderland Plaza Lanes, Plymouth Bowl and Merri-Bowl. The finals of the events are scheduled early in June.

WHEN RICK MC COTTER rolled his 804 series Monday night in the North 1016 Classic, he set a new high for the season in the entire area.

To get his record total, Rick put together games of 270, 300 and 234. It was the seventh series above 800 rolled in the area this season.

The others include Ray Arrington's 822, Ted Bakula's 815, Joe Mazza's 810, Billy G's 808, Fred Mc Clain's 804 and an earlier 802 posted by Mc Clain.

DALIE REAYOVY and her K&S team put the finishing touches to a great season last Thursday night when they won the all-star rollofs by a wide margin. It was their fifth triumph in six attempts at titles during the year and earned rank as the best team in the metropolitan area.

Ironically, the team is breaking up and the members will be scattered through the Bonanza League next fall. Reayovy, left without a team, will join Bob Strampe on the Mr. F. squad.

ONE OF THE STRONGEST summer leagues of all time in Detroit will get under way Wednesday night at Thunderbolt Lanes when 12 teams of all stars start a 12 week competition. The league will travel throughout the area and will bowl on Wednesday nights.

Plymouth will be represented by Marge Kopacek, while Mary Mahacu will carry Luvonia's colors in what is expected to be the top mixed league in the state.

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