

Weight lifting helps area athletes

By JOHN BOZZO

Trying to lift two and three times your own weight may not seem like much fun, but two West Bloomfield residents think it's a great way to spend some time.

Brothers Paul and Dave Schneider are both members of the Michigan State University wrestling club. They recently competed in a national collegiate championship. Paul was fifth in the 242 pound class and Dave fifth at 181.

As students at the university, Paul

25, studies physical education, and Dave, 21, studies advertising. Weight lifting gives them something to do with their free time.

"I just started lifting when I started in school," Paul said. "I've been lifting for about two years. It's kind of a hobby. It's something you can do."

Although he didn't plan to compete, Paul enjoys some immediate success in competitive weightlifting. He won the state championship his first year and repeated in 1976.

He said that a leg injury hurt his

performance in the nationals this year.

"If my leg really felt good," Paul said, "I think I could have won. Next year I'll win."

THE WEIGHTLIFTING has led to some activity for Paul. He now puts the shot for Michigan State University's track team.

"I just entered it to see what I could do," Paul said. "When you win something you think you're good so I just kept going. Now I have to weight lift to keep my shot put up. I mainly enjoy it for the thrill of competition."

Paul's success in weight lifting sparked brother Dave to take up the sport. Dave admitted that at first he had an "If you can do it, so can I" attitude.

"My brother entered a meet just for the hell of it," Dave said. "When he won the state championship two years ago, I decided to go for it also."

"Olympic lifting is by no means our goal," Dave said. "Power lifting is different from Olympic lifting. We train to build a well proportioned body and for strength at the same time."

Dave had only nine months of serious weight lifting before going to the national championship with his brother. He was fifth in the 181 division with a total lift of 1,325 pounds. That broke down to 460 pounds in the squat, 340 pounds in the bench press and 525 pounds in the dead lift.

Brother Paul needed a total performance of 1,710 for second place in the 242 division. His lift breakdown was 650 pounds for the dead lift, 410

bench press and 600 pounds for the squat.

PAUL SET A national record in the dead lift with his 650 pound performance. In the dead lift the weight must be lifted from the ground overhead in one continuous motion.

The Schneiders became West Bloomfield residents five years ago when they moved here from Pittsburgh, Pa.

Tournament set for Southfield

Some of the nation's finest professional basketball players are entered in the Motor City Pro-Am Open Tournament, to be held April 16-19 at Racquetball Center of Southfield.

The professional field includes two top-ranked players in Steve Kueley of San Diego, Calif., and Kathy Williams of Hazel Park. Kueley is a graduate of Michigan State University. A total of \$8,000 in prize money will be awarded. The tournament also is expected to draw many excellent amateur players.

The Motor City Pro-Am is part of the seven-month Seamon-Leach Tournament, which began in Ft. Lauderdale, Fla., last December, and will end in San Diego in June.

Matches begin at noon, April 16-17, and at 11 a.m. April 18-19. Tickets may be purchased at the door. Racquetball Center of Southfield is at 26400 Twelve Mile at Northwestern.

Get rid of gray hair some of it or all of it



Time-lapse photographs show how gradual action of Grecian Formula 16 lets you control just how much gray you slowly get rid of—some of it or all of it.

WHITING PLAINS, N.Y.—Millions of men all over the country are now using a remarkable product to control just how much gray they slowly get rid of. It is called Grecian Formula 16 and the results are simply amazing. Grecian Formula 16 is a practically clear liquid, as easy to use as hair tone. This remarkable formula works for any color hair because it combines with the natural chemistry of the hair to recreate natural-looking color. There is no mess and no rub-off. You simply use it every day for two or three weeks until you slowly get rid of just as

much gray as you want. Some of it, most of it or all of it. You can stop where you like. You are in complete control of how much gray you get rid of. Once you get rid of as much gray as you want, simply use Grecian Formula once a week or so to keep it that way. Since Grecian Formula 16 works gradually over a period of time, even close friends won't notice the change happening. The resulting color is so completely natural that the hair definitely does not have a faded look. Grecian Formula 16, famous clear liquid and cream, are now both available at



Cosmetic Dept.

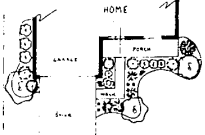
WAYNE JONES



Wayne Jones

says...

Don't wait to do your landscaping because you don't know how. We will draw a plan for your home, and give you our expert advice on what to plant and how to plant it. We draw free plans to scale for our customers. Just bring in your house and lot dimensions and a picture, if possible. Your title survey usually has all this information on it. We can do the planning for you, for an additional labor charge.



2 BROWN WEYS.	each	10 DWARF QUINCE	each
3 FAIRVIEW JEWELS	15.95	1 K WAZAN CHERRY	25.00
3 FAIRVIEW JEWELS	15.95	3 GOLDEN VICARY	2.95
3 AZALEAS	5.95	1 WASHINGTON HAWTHORN	19.95
4 HUGHES JUMPERS	8.95	1 PURPLE PLUM	25.00
1 KESTER JUMPER	22.50		
1 TEAR DROP JUMPER	31.50		
		TOTAL PLANTS 278.15	
		TAX .1112	
		TOTAL 289.27	

Plymouth Nursery

9900 PLYMOUTH-ANN ARBOR ROAD-M-14
(7 Miles East of U.S. 23 and 5 Miles West of Sheldon)
Open Daily 9-6-Sunday 10-6 p.m.
453-5500

All star roundball tourney planned

The third annual Oakland County High School Roundball Classic all-star basketball game will be held 6 p.m., April 23 at the Pontiac Central Fieldhouse.

There will be two games played. The first game will match the Pontiac Police Athletic League (PAL) team against the Junior Capps. The second game, starting at 8 p.m., will feature 24 of the best senior basketball players in Oakland County.

Among the 24 seniors are players who have earned all-county, all-state and one player with all-American honors. Kevin Smith of Birmingham Brother Rice is the all-American participant.

Two other local participants with all-state credentials are Bill Phillips

of Southfield-Lathrup and Dave Bennett of Bloomfield Hills. Lathrup Bennett has not confirmed that he will play.

Other local players who may participate are

include Mark Hayden of Brother Rice, Craig Maass of Birmingham Groves, Dave Guidot of West Bloomfield and Jim Pacione of Orchard Lake St. Mary.

The game is sponsored by Oakland County All-Star Basketball Clinic Inc. Frank and Campy Russell are involved in running the program.

Admission to the games is \$2 for adults and \$1.25 for students. Proceeds from the tournament go toward funding of free basketball clinics at Pontiac Central and Pontiac North by Alister in early June.

DCDS Invitational set

Detroit Country Day School has invited 32 teams to its 13th annual invitational track tournament, which will be held Saturday in Birmingham.

The class B, C and D schools invited will compete for one trophy in the event. Preliminaries start at 9 a.m., with the finals scheduled for 2 p.m.

Country Day Coach George Browne said

that defending class C State champion Detroit Benedictine and former class C champ Unionville Sebewaing will be among the participating teams.

Also invited to the meet are Inkster Cherry Hill, Detroit St. Martin DePorres and Rogers City.

Country Day and Southfield Christian are the only local teams in the tournament.

Browne said that Country Day's best chances rest with Dave Koppin Dele 440 and John Woodson in the discus. He added that the Yellow Jacket 800-yard and mile relay teams should also do well.

POOL OWNERS

IS YOUR POOL ROUGH, PITTERED AND HARD TO CLEAN?
YOU NEED US!
MARBLITE REFINISHING and MASONRY REPAIRING
Call for FREE Estimate
MICHIGAN POOL REFINISHING
453-8180

COMFORT, CONVENIENCE, CONTROL ON



808 Garden Tractor \$3000

SAVE \$200

Save during this special offer! Ride in comfort on an adjustable seat while the 808 1/2 HP air-cooled engine powers attachments that mow, mulch, trim and clear snow as well as mow.

ALLIS-CHALMERS
STADIUM EQUIPMENT COMPANY

1981 Telegraph Rd. (at South Lake)
Open Sun. 10-3
254-2136



The quieter leader in synthetic lubrication

AMSOIL has been producing synthetic lubricants long enough to know the world's largest producer of synthetic lubricants for automobiles and farm use.

Discover the difference synthetic AMSOIL makes. Ask your AMSOIL dealer how your engine, transmission and axle AMSOIL lubricants increase fuel economy, reduce wear, and keep your engine, transmission and axle cool.

See your AMSOIL dealer.

STEVE E. COON
349-5865

Like contemporary? Feeling avant garde? quality remodeling...room additions that don't cost an arm and a leg

How long has it been since you found someone who takes old-fashioned pride in his work? Who doesn't skimp and cut corners? Who gives you a full measure of honest value, and backs his work to the hilt? Who prices every job fairly, so that it doesn't cost you an arm and a leg?

In the home modernization field, especially, people will say that's an impossible dream. But don't laugh...today Bob Stern is making it come true. And he has hundreds of loyal backers to prove it. In Birmingham, Bloomfield, Southfield, Franklin, Farmington Hills, Huntington Woods, Troy, in fact, 30% of his jobs are referrals from satisfied customers.

Quality Comes First

"I know this sounds crazy," says Mr. Stern. "But I'd rather not take an assignment if I can't deliver a job the customer will be proud to show his friends. That's the yardstick for all our work, whether it's a simple cabinet installation, a remodeled kitchen, bathroom or basement, or a complete room addition. We put quality number one on our list, and you don't have to look a bank to get it. In our estimate, we're strongly competitive with 90% of the names in the book. (The other 10% you wouldn't want anyway.)"

Recommended by Designers

Probably the highest compliment paid Bob Stern are the number of top interior designers who recommend him to their clients. These skilled decorators know that a good construction job will complement the fine furnishings and interiors they create for their clients, often representing investments of thousands of dollars.

"We value this confidence," says Bob Stern, "and we lean over backwards to earn it. We use only the finest name-brand materials and products on a job, those backed by factory guarantees from reputable manufacturers. From all paneling and cabinets and lighting and plumbing fixtures, from hardware and paint and finishes, to hidden items like insulation and mortar, we make no compromise with quality."

"Even more important, the workmen we use on our jobs—carpenters and bricklayers and plumbers and electricians—have been with us for years. They know my standards. They know I won't accept anything but the best. So they give me their best. It's sort of a partnership in pride."

Planning and Supervision

Learning the customer's wants and needs, says Bob Stern, sometimes isn't easy. Often the customer isn't sure what he or she wants. Then we make suggestions, offer ideas, and draw on our many years of experience for inspiration. Careful planning of every detail precedes the start of the job. Then we follow through to see that everything is done right.

"Some people say I'm like a mother hen, the way I fuss over a job," laughs Stern. "But that's my nature. I've learned the boss has to take a personal interest, so I work closely with the customer every step of the way. Then I know they'll get exactly what they want, and I've won another friend and booster."

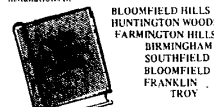
Free Consultation

Modernizing your home is a personalized thing. It's as important a step as when you bought your home originally—and deserves the same care and attention. Without obligation, Bob Stern will meet you at your convenience to discuss your plan. He'll give you a firm price quotation, suggest helpful ways to cut costs without cutting quality, make sure you know exactly how the finished job will look before you begin. This consultation costs you nothing. It's simply assurance that you'll get precisely what you want, and be happy with the results for years to come. Home improvement should give you the same pleasure and satisfaction as a new home purchase. Bob Stern makes sure it does.

Our Customers Are Our Best Ads

"Referrals from the customers we've served are 30% of our business," says Bob Stern. "They're our best advertisements—and we're proud of it." On request, these homeowners are usually glad to show Bob Stern's work to prospective clients considering a similar job.

Ask to see our "Brag Book" of customer installations in—



BLOOMFIELD HILLS HUNTINGTON WOODS FARMINGTON HILLS BIRMINGHAM SOUTHFIELD BLOOMFIELD FRANKLIN TROY

Not quite ready to remodel?
CLIP AND SAVE THIS COUPON
We furnish more than a free estimate. We also give you valuable free counsel and money-saving advice.

bob stern
Building Company
557-3882
17161 Pennsylvania, Southfield, Mich. 48075

OUTDOOR WOOD

Wolmanized
Pressure-Treated Lumber
WHEN YOU BUILD OUTDOORS
BUILD BEAUTIFULLY
BUILD PERMANENTLY

OUTDOOR WOOD DECK PACKAGE 10x10 \$175.95

EVERYTHING FOR THE DO-IT-YOURSELFER INCLUDES: WOLMANIZED SOUTHERN PINE FOR ALL NECESSARY BEAMS, JOISTS, FASCIA AND DECKING TOP. A 10x10 KIT OF ERECTO-PAT COMPONENTS, CEMENT, FOUR 30' GALVANIZED PIPES, AND GALVANIZED NAILS, RAILINGS, BENCHES, STEPS OPTIONAL.

2x4-8 ECONOMY CUTS	2x4-8 K.D. SPECIALS
69¢ EA.	96¢ EA.
1x3-8 FURRING STRIPS	48x96-3/4" ALL PURPOSE PLANK
39¢ EA.	\$111 EA.
3/4" x 113/16" NOVAPLY SHELVING BO.	IDAHO WHITE PINE SHELVING BOARD
26¢ L.F.T.	1x12-4' \$1.95 ea. 1x12-6' \$2.24 ea.

PRICES ARE CASH-N-CARRY

**WALLED LAKE: MON-THUR 8-6, FRI 8-9, SAT 8-5, SUN 10-3
HOWELL: MON-FRI 8-5, SAT 8-2**

HAGGERTY LUMBER & SUPPLY CO.

2055 HAGGERTY, WALLED LAKE, (313) 824-4551 OR 356-6106
227 N. BARNARD, HOWELL, (517) 546-6320