

Benefit tennis tournament expands to include youths

Tennis and Crumpets, an annual charity tournament which benefits Children's Hospital of Michigan, is growing again.

When started in Grosse Pointe in 1967, the round-robin mixed doubles tennis tournament attracted 250 competitors and raised \$4,000 for Children's Hospital.

In 1979, the Birmingham-Bloomfield area joined in the effort. Dearborn followed in 1971 and Grosse Ile started participating in 1974. In 1980, 4,200 tennis players of all caliber competed, and \$91,300 was raised.

The fall classic will expand again this year to include junior tennis players. This Saturday (Aug. 29), mixed doubles teams of youths between the ages of 8 and 17 can compete for trophies on one of several sites throughout the city.

The entrance fee is \$5 per player, with all profits going towards Children's Hospital. The fee will include balls, prizes, cold drinks and snacks.

Play will be in three categories — A (tournament and varsity players), B (intermediate players) and C (advanced beginners or infrequent players). Trophies will be awarded to winners on

each court.

For entries or information concerning the kids tournament, call Julie McKnight at 559-3439.

TENNIS AND CRUMPETS adult tournament will be Sept. 12-13 at selected sites. There will be five teams per court, with the winning teams on each court advancing to further play on Sunday.

The Super Finals are scheduled for Saturday, Sept. 19 at Beverly Hills Racquet Club. Each tournament participant will receive a glass with the Tennis and Crumpets crest. Winners and runners-up in each division will receive silver awards and have their names engraved on permanent trophies.

There will be four levels of competition in the adult division — Open (level above that of club A player), A (advanced), B (intermediate) and C (novice).

Cost is \$12.50 per player, which includes balls and a light lunch. Competitors must be at least 18 years old.

For more information, contact tournament chairwomen Annette Madden (646-8985) or Sheryl Livingston (642-9667).



jogging

Dr. Charles R. Young

If one were to examine a skeleton or an X-ray of the foot, a person would notice two small bones located beneath the first metatarsal head (the series of bones that form the instep).

These extra bones, as we occasionally refer to them, are called sesmoids. Being encased in a tendon sheath, they serve as a fulcrum in providing additional mechanical advantage in motion. Although the entire relationship and function exemplifies the body's response to need, its particular location makes it vulnerable to anatomical stress and strain.

When the soft tissue surrounding these bones become sufficiently irritated and subsequently swollen, we refer to the condition as a sesmoiditis.

You will notice from the title that I have used the term athletic ailment rather than confining it more to runners. This problem is frequently encountered in such activities as basketball, racquet sports, dancing and jogging.

In short, any activity involving additional stress at this particular anatomic location can produce the problem.

The presenting complaint by the patient is usually sharp, non-radiating pains in and around the sesmoid area. The discomfort can be accentuated by extending or raising the large toe and pressing on the involved area of tenderness.

Discoloration and swelling are usually absent and the painful episodes often come and go in apparent response to exercise. I have had this problem periodically in tennis and squash and can well attest to its painful and debilitating nature.

Although it's difficult to pinpoint the exact cause and sequential development of a sesmoiditis, we do seem to encounter the problem most often in certain situations.

For instance, it often appears in cases where there is a direct blow or injury to the involved area, as in basketball, dancing and certain track events. The initial trauma seems sufficient to pave the way towards a developing sesmoiditis.

What is interesting is that the actual problem may not surface for several

Foot ailments frequent occurrence for athletes

weeks but, apparently, the ground work is active. A second, and perhaps most frequent, source of sesmoidal conditions seems to be the multidirectional stress activities, such as tennis, squash and racquetball.

In these sports, we are dealing with rapid alterations in direction and sudden changes in body acceleration. The undersurface of the first metatarsal head, being a primary weight-bearing area, is again prone to injury. Considering the weight distribution and stress-related forces involved, it is amazing that more athletes are not so afflicted.

Perhaps the propensity to developing a sesmoiditis depends upon certain other variables such as foot balance, bony structure and muscle function. I am confident that someday we will be better able to predict and thus prevent this disabling problem.

A third and final category of sesmoidal patients appear to be the outdoor distance runners or joggers due possibly to the repetitive pounding at that area of the foot.

Since the majority of my running patients with this ailment seem to be from outdoor surfaces, I would further suggest that the uneven terrain contributes to the problem's development. At any rate, the pain complex seems to be the same and the subsequent debility identical regardless of the source or sport.

The treatment of an acute sesmoiditis involves resting the injured part, occasional injection therapy and various physical therapeutic measures to relieve the pain.

Shoe, foot, and/or insole padding is then used to remove excessive pressure and stress from the involved area in order to allow the athlete to return to the activity. Some type of gradual rehabilitative process should be utilized in returning to the former sport activity.

Vets excel at nets

Some of the area's top age group tennis players slugged it out last weekend in the Grand Slam Men's 35, 45 and 55 U.S.T.A. Open at the Livonia Family Y.

Chuck Karabell, a nationally ranked player, won the Men's 45 crowd with a three-set triumph over Windsor's Jim Zeron.

Karabell, who resides in Oak Park and is the head pro at Detroit Tennis & Squash Club in Farmington Hills, became \$50 richer by winning the championship. Zeron earned \$25.

Jim Ray of Southfield and John Sahranian of West Bloomfield both reached the semifinals before being ousted. Tom Grimes, also of West

Bloomfield, and Sandy Ross of Farmington Hills were quarterfinalists.

In the Men's 55 division, Jim Tobin of Birmingham downed Lou Graves of Detroit for the championship, 6-3, 7-6. Tobin reached the final with a three-set win over Al Gross of West Bloomfield.

Denton Johnson, an English teacher in the Detroit Public Schools, won the Men's 35 title with a straight-set victory over Mark Rosenfeld of Jackson.

JOHNSON, who won \$100 for his efforts, defeated Farmington Hills pro George Russell in the semifinals, 6-0, 6-2. Russell took home \$25. The other semifinalist, Stan Motley of Detroit, also received \$25.

WORRIED ABOUT

- Hold-Ups?
- Burglary?
- Fires?

SECURITY SYSTEMS — Inexpensive to Elaborate
24 Hr. Monitoring Svc. Available • Residential and Commercial

AUTOMATIC SECURITY GUARD
582-1921

Pella The Significant Difference

IN WOOD WINDOWS & DOORS!

Showrooms located in West Bloomfield, Ann Arbor, Dearborn Heights, Sterling Heights, Flint, Lathrup Village, Brighton and Mt. Clemens.
Telephone (313) 824-8080

DURA-STEEL
Security Replacement Doors
The Ultimate in Protection and Beauty

SAVE \$40
on any replacement door

- DEADBOLT LOCK STANDARD
- MANY STYLES & COLORS AVAILABLE

PHONE 534-6080

Radford
Madison Hgts.
Southgate

door city

Hunter. The Original Olde Tyme Ceiling Fan.

20% OFF
on all Hunter fans

THU August 31

FANS UNLIMITED
Division of Shaver Shop, Inc.

334-1411
41 W. Webster
W. E. of White Track
PORTAGE, MI 48862
Hours: 9-5:30, Thurs. Fri. 9-5:30

SIMONI PROMOTIONS

ACTION PACKED PROFESSIONAL BOXING
THURSDAY, AUGUST 27, 1981 8:00 P.M.
COCO ARENA

10 Rounds Middleweights
BERNARD "Superbad" MAYES
JACKIE G. GORDON

DAVID "Sugar" LOVE
Former State League Division Champ

10 Rounds Lightweights
GREG "Candyman" COVASON
winner of the N.Y.S. title

TONY KOWALEY
winner of the N.Y.S. title

10 Rounds Light Heavyweights
VONZELL JORDON
winner of the N.Y.S. title

OTTIS GORDON
winner of the N.Y.S. title

10 Rounds Jr. Middleweights
DAVE BRAXTON
winner of the N.Y.S. title

RICO ROYE
winner of the N.Y.S. title

—PLUS OTHER EXCITING BOUTS—

DANNY PAUL and **JEROME KINNEY**
J&J, Detroit

10 Rounds Welterweights **8 Rounds Jr. Welterweights**

For further information, please call Simoni Promotions 853-8400

VOLVO
1982
ORDER YOUR NEW VOLVO AT A GUARANTEED PRICE AND SAVINGS NOW!

BIRMINGHAM MOTORS LTD.
479 S. Woodward
Birmingham, Mich.
646-3980

ROOFING
OUR NAME SAYS IT ALL!

"Where the Roofer Buys"
Mon-Fri: 7-4:40, Sat: 8-12

Roofing Wholesale Inc.

We Use Firescreen Fiberglass Shingles
20 Year Warranty • Since 1795

353-6343
19250 West 8 Mile
Between Evergreen & Southfield Rd.

Mobil Express Lube
Imported cars are not foreign to us!
15 minute oil change \$6.95

Includes 4 qts. Mobil Special 10W-30 and complete lube plus 9 point car check
Come in now. No appointment necessary. Our oils meet all new car warranty requirements. Imported cars are not foreign to us!

Or choose one of these great offers

10W-30 Express \$14.95 Includes 5 qts. Mobil Special 10W-30 Lube Oil filter plus 9 point car check	10W-40 Express \$16.95 Includes 5 qts. Mobil Super 10W-40 Lube Oil filter plus 9 point car check	Mobil II 100% synthetic \$28.95 Includes 5 qts. Mobil II Lube Oil filter plus 9 point car check
---	---	--

These offers are good only at:

Birmingham Mobil Oil Hunter & Oak	Dearborn Heights Arad & Motor Warren & Inkster	Detroit Fawcett Motor 7 Mile & Southfield	Rochester Campus Center Motor Wacker & Livonia
Bloomfield S. I. Mobil Telegraph & Long La	Redford Frederick Motor 8 Mile & Southfield	Southfield Hawthorn Motor 11 Mile & Lathrup	
Mobil	Novi Mobil Oil Grand River & Novi	Oak Park S. I. Mobil Motor 8 Mile & Southfield	Union Lake James St Motor 28 Mile & Southfield

Prices shown are for Mobil Special 10W-30 and complete lube plus 9 point car check.

REMVEST
Securities, Inc.

Call 425-9000
Livonia or 649-4450
Troy

Tax Deferred*

16.5% annual yield

\$1,780.70 per year!

CALL, WRITE or COME IN.

State Headquarters, Metro West:
Remvest Building, 33636 Five Mile Rd.
Livonia, MI 48154 313/425-9000

Troy: 3270 W. Big Beaver, Suite 125
Troy, MI 48064 313/648-4450

Convenient local offices also in:
Kalamazoo: 616/372-5940
Flint: 313/733-6780
Grand Rapids: 616/942-1080
Saginaw: 517/792-9575
Midland: 517/636-7020

*May be tax deferred within the structure of your Keogh, Pension Plan or Individual Retirement Account, either new or existing. ATTENTION: RECENT RETIREES with lump sum pension money roll over into an individual Retirement Account to further defer taxes.

Remvest Building
33636 Five Mile Road
Livonia, MI 48154

Yes, I'm interested in increasing my investment potential.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE AREA _____

The securities are offered by offering circular only, available at company office which explains secured and insured, and are for sale only to bona fide residents of the State of Michigan and are not intended for resale to nonresidents.

NEW FOR SKIING
JUST RECEIVED THE NEW

K STRETCH SERIES

510 STRETCH
PERFORMANCE: A high-performance stretch-length ski. Ideal for carved long-radius turns at higher speeds. Excellent performance in powder and bumps. Firm center section and soft tip and tail for high-speed stability and good terrain absorption. Metal layers provide exceptional torsional rigidity to hold on hard snow. High taper angle makes the top wider than the tail, allowing easier initiation of turns at low speeds. SKIER TYPE: For the serious intermediate to expert skier who prefers a giant slalom ski performance in a length slightly shorter than the traditional giant slalom ski but stretched longer than a mid. LENGTH: 197, 192, 187, 182, 177 and 172 centimeters. **\$245**

410 STRETCH
PERFORMANCE: A high performance stretch-length ski that is capable of making quick, slalom-type turns. Because of its soft tip, it is ideal for carved short-radius turns and excellent performance on bumps, allows the experience of slalom performance in a recreational ski. Made to be skied slightly longer than mid-length and slightly shorter than regular-length skis. SKIER TYPE: For the serious intermediate to expert skier who prefers a slalom-ski performance in a length that's easy to handle. LENGTH: 197, 192, 187, 182, 177, 172 and 162 centimeters. **\$235**

SALE PRICES
on remaining 1980/81 ski clothing & equipment

Bavarian Village
SKI SPECIALISTS
OPEN DAILY MON-THU 9-5 • VISA • MASTERCARD • AMERICAN EXPRESS • DINERS WELCOME