



(F)1C

Thursday, February 16, 1984 O&E



C.J. Risak

Finding youth in a 'fountain'

PONCE DE LEON spent years trudging through unexplored Florida searching for the secret to eternal youth. He probably ended his life looking for his youth.

Not much has changed. To this day people do all they can to impede the progress of age. But alas, the answer at long last may have been uncovered. A combination of De Leon's belief and Alex Haley's "Roots" could unravel the mysteries of time and aging.

The secret, you see, is not to live longer but to live better longer. At least that's the motto of the U.S. Masters Swimming program. De Leon was in the ball park when he went searching for a "fountain" of youth. Problem was he should have been looking for a pool.

And Haley? Go back to the roots of humankind. All life, so it is generally believed, sprung from the sea. It is therefore logical to assume that the secret to youth be discovered in water — whether it is chlorinated or salted.

IF A TESTIMONIAL is desired, check some of the members of the South Oakland Seals (SOS), the local masters swim team. As Carol Rhudy, one of the initial SOS members, described it: "Some of these people are in their 70s and look 50. Swimming keeps you young."

Not that SOS members must be on the brink of retirement to join. Some are older, some younger, and quite a few are in between. Anyone over 19 can swim masters. The age groupings are in five-year increments, starting at 19-24 in Michigan (nationally, the first division is 25-29) and going to 90 and over.

There are some very fine older swimmers, too. Like Elwood Conlan, who earned the high-point scoring trophy at Saturday's master's swim meet at East Kentwood. Conlan swims for SOS. He's 71. Ed and Ruth Brown, who started SOS, are both near Conlan's age bracket. Further down the line is Tom Koenig, a top three finisher nationally in the 50-54 breaststroke. And then there's Lynn Weir, another SOS member who won the 1,500-yard freestyle national title in the 10-14 group last year.

DON'T GET THE WRONG IDEA. This isn't strictly for the 40 and over crowd, anymore than it's just for elite swimmers.

"People think masters is for the geriatric crowd," said Dennis Carter, Birmingham Seaholm's girls' swim coach and the first coach of SOS. "The biggest group we have is the 30-35-year-olds. They're professional people who have their careers set and can find time for workouts."

Any doctor will tell you exercise and physical fitness are keys to a healthy life. Swimming is good exercise. Many of the body's muscles are utilized, and the heart gets a good, hard workout.

But what makes swimming so attractive is the lack of physical punishment. Injuries are few; there are no fractures or twisted ligaments.

"Swimming is one of the few exercises where you don't get beat up, break a bone or tear a tendon," Carter said.

CARTER RUNS three SOS evening workouts a week at Seaholm. The team also has morning practices Saturday and Sunday at Oakland Community College.

Practices are "loosely structured," according to Carter. He writes three different workouts on the board near the Seaholm pool. Swimmers can pick whichever workout they wish, from the most difficult — Monday's was nearly 4,000 yards — to medium (2,550) to least difficult (2,950 yards).

The workouts last 90 minutes and are designed in a manner that would keep anyone from getting bored. Just figuring them out keeps interest peaked.

Masters swimming is growing in popularity, both in Michigan and in the country. There's a state meet in April, a national championship in May, and this year, for the first time, a world championship in New Zealand in April.

"I'd say the program has doubled in the last four or five years," estimated Rhudy, who, together with husband Bo, was among the first national masters' champions 10 years ago.

MASTERS IS COMPETITIVE swimming, certainly. But competing isn't the No. 1 reason for joining.

"Health," is what Carter called the main attraction. Rhudy agreed.

"Some really love the competition," she said. "Once you're an old competitive swimmer it's hard to give it up. But health and camaraderie are the reasons I do it."

"And the parties afterwards are nice, too." Ah! An ulterior motive.

"This is completely different than high school or college," said Carter, who has swum in all three. The psychological tenseness is missing in masters, he explained. "At nationals last year in Ft. Lauderdale, guys would go down between events to a local bar for a beer."

"They called it carbohydrate loading."

SOME SOS MEMBERS don't compete at the meets. Others never competed in a pool until joining the masters' program.

"There's room for everybody," said Rhudy. "We get people who have never competed before. They improve through correct workouts."

And with an exercise that doesn't take a toll on the body, a swimmer will end up looking better longer — or so the masters' theory goes.

"Age is all in your mind," was what Carter told an SOS member. His reason for continuing? "I feel a lot better when I'm working out," he answered. "Besides, it's a great reason for drinking beer."

So much for theory.



JOHN STORHEND

North's Mark Burnas rolls Redford Union wrestler Ron Schumaker during the Northwest Suburban League wrestling meet Saturday. Burnas pounded

Schumaker 12-2 to take third place at 195 pounds. North finished second to John Glenn.

Hawk cagers derail Canton

Farmington Harrison's cagers played "spoilers" Tuesday, scaping Plymouth Canton, 75-49 to keep the Chiefs from clinching the Western Division of the Western Lakes Activities Association.

The Chiefs, now 8-4 in league play and 11-5 overall, still have a chance to take the title outright by defeating Walled Lake Western Friday night.

"They played real well and we didn't," Canton coach Dave Van Wagner said. "We were prepared and ready to play. But their kids met the challenge and played an excellent game. They are a well-coached team."

"Now we have to turn our thoughts to

Walled Lake Western. We want to win the title outright. We'll work hard this week and give it our best shot."

DOWN 32-49 entering the final quarter, the Hawks, led by Dave Younger's 10 points and Brian Hickey's five clutch free throws, outscored Canton 24-17 to seal the victory.

Four of Younger's buckets were layups, three on passes from Hickey. Younger scored a game-high 25 points to lead the Hawks. Hickey added 10 points and seven assists and Dave Quirke tossed in 18.

Please turn to Page 2

Falcons top RU

By Chris McCoosy
staff writer

The game itself was meaningless.

Both Redford Union and Farmington were at or near the bottom of their respective leagues. The non-league, Tuesday night contest at RU would have little effect on the prep basketball community.

But there was one gigantic element at stake for both teams — pride. And both teams played this game like a championship was at stake.

The visiting team, Farmington, prevailed in a bitter struggle 64-60. The game also highlighted the deficiencies of both teams. Farmington's inability to rebound and streaky shooting were prevalent throughout. Redford Union's tendency to relax on defense and its lack of a killer instinct were also evident.

"IT WAS NOT a classic basketball game, was it?" said Farmington coach Richard Roy afterwards. The win was his team's fourth in 16 games. He took it, classic or not.

"We've done well in our non-league games. It's just our league has been such a bear for us," he said.

Redford Union coach Lee Bjerke was miffed after the game. His team was in control of the contest until they went stone-cold in the final quarter. The Panthers repeatedly missed shots from close range.

"We rebounded well," Bjerke said. "Usually, when we get the ball into (John) Copley, we either make the shot or we get fouled. We didn't get fouled much tonight."

The Panthers led 53-47 entering the final quarter and stretched it to 55-47 early in the quarter. After the two points, RU went nine possessions without a score and Farmington reeled off 12 unanswered points to take a 59-55 lead with 2:42 left.

RU pulled within one with 1:10 left and had three chances to tie or take the lead. Free throws by Tim Berry and Tim Carruthers led the win for the Falcons.

Please turn to Page 4

Raiders 2nd in NSL meet

Westland John Glenn has now won 17 Northwest Suburban League (NSL) wrestling titles, including the last 16 in a row.

But the Rockets received their stiffest challenge in years Saturday as host North Farmington made a serious bid for the crown, coming up just short.

Glenn tallied 190 points to North's 175. The remaining team finishes were: Garden City, third, 130; Redford Union, fourth, 116; Redford Thurston, fifth, 56½; and Livonia Franklin, sixth, 44.

"Balance throughout the league was a key factor," said Tom Buckalew, the winning coach. "Every school placed at least one wrestler in the championship round."

"I can't say enough good things about my wrestlers. Every one of them scored points and contributed to our victory. This is our 17th league title, but without their total team effort, it would not have happened."

NORTH FARMINGTON led by two points going into the finals after racking up 35 out of a possible 38 points in the consolation round.

"The kids did as well as I thought," said North coach Jim O'Leary, who is retiring from wrestling after 17 years. "There were no great disappointments."

Hey, you give 100 percent and still can't win, you just can't ask for anything else."

North became a viable contender for the crown after tying the Rockets in a dual meet last month, 33-33.

But Glenn shined at the league meet by capturing five individual crowns. The winners included Jeff Dolby (98 pounds), Rick Gillies (105), Dan Gibson (119), Scott Lucas (155) and Vaughn Vlar (189), who edged Franklin grappler Doug Sutter, 5-4.

Third-place Garden City boasted three champs — K.C. Howell (112), who won a 4-2 overtime decision against RU's Jeff Hopp; Tom Mack (126) and Pat Cyrus (132).

MATT GESER of North took the 138-pound crown with a 6-5 decision over Glenn's Darrell Grassmeyer, while teammate Bob Hood scored 37-second pin against RU's Jim Summers, the fastest of the meet, in the 185 finals.

Fourth-place RU, meanwhile, grabbed individual titles in the heavyweight (Jerry Manulis) and 167 (Dave Mikola) division.

Thurston's lone winner was 145-pound Jeff Newton, who pinned North's Pat Leavy for the title in 1:02.

Complete results appear on the statistical page inside.

Falcon matmen take fall in WLAA meet

Plymouth Salem wrestling coach Ron Krueger joked about pulling a rabbit out of the hat after the Western Lakes Activities Association (WLAA) wrestling meet Saturday.

His team didn't exactly pull a rabbit out of the hat, but it performed a bit of magic nevertheless. The Rocks won the WLAA meet and thus, its second consecutive conference title.

Salem, champion of the WLAA's Lakes Division, rallied to oust backyard rival Plymouth Canton 174-168 to win the 10-team meet. Canton had led by six points entering the championship round.

Finishing a distant and disappointing third was Western Division champ

Walled Lake Western, with 149 points. (Complete team and individual results are on the Observer state page.)

Most coaches felt the meet would feature a six-team tussle for the top spot, with Western and Canton as the favorites. Salem, 7-2 in dual meets, was picked by most for third. Walled Lake Central, Livonia Bentley and Farmington were also considered among the favorites.

AS IT TURNED out, Bentley placed fourth (133 points), Central fifth (130 points), and Farmington a most disappointing seventh (106 points). North-

Please turn to Page 2

Which electric utility stocks should you own?

What does Argus Research think about Detroit Edison as an investment? How about Consumers Power? Should you buy the stock, hold it or sell it? You'll find out the answers to these questions in a new report available from McDonald & Company.

It discusses past performance and future growth potential for 50 electric utility companies, located across the country. The report gives you stock price, earnings and dividends for each of them. And it helps you decide whether to buy, hold or sell the stock.

For your free copy of Electric Utility Rankings, mail the coupon or call 540-1221.

The better you know us the better your future looks

McDONALD & COMPANY
SECURITIES, INC.

Member New York Stock Exchange

Member SIPC

McDonald & Company Securities, Inc.

Birmingham Place, Suite #333

401 South Woodward Avenue

Birmingham, Michigan 48011

Please send me a copy of Electric Utility Rankings

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____