#### exercising options Myrna Partrich

# Try to recognize pain in your body

Dear Myrna: I'm a 40-year-old man in good condition. Sometime ago I lajured my knee while running, I've had a terrible two years with kindingty. Eight months ago I had surgery, My doctor tells me to gradually go back to running or any activity, and I'll be all right. He told me not to worry about any pain. Pain disturbs me. I've ballt up a fear of pain, and it's affecting all of my activities. Any advice on pain?

I can understand your feeling of concern. Your doctor is giving you his blessing, and the fear of pain is hindering you.

I think the first issue here is to understand pain.

Now that's not easy since pain is a highly complex subject comprised of both mental and physical. Pain is our body's warning signal. Pain is a message that something is not quite normal. But "not quite normal" is not always bad. Pain also is a learned behavior that can be unlearned.

culte normal" is not always bad. Pain also is a learned benavior that can be unlearned.
Following an injury, the process of unlearning pain is especially important and traumatic. Injuries, by definition, are painful. After one, your first reaction is protective because you sure don't want to hurt again. But there you go, —you fear running for any activity.

In fact, resuming your activity may virtually speed your recovery. You must strengthen your legg gradually to take away the stress from your knees. You must remember that inactivity also means loss of muscle conditioning; and therefore an increased risk of new injury when your recuperation period is over and you begin working out again. According to your doctor, your recuperation period is over new Tain is always to some degree in your brain. To what degree still is being debated.

being dehated.

There is a fine line between psychological pain that comes at the beginning of a workout and the real pair, that signals injury. Some psychologists and coaches have gone so far as to identify two types of nin — "good pain" and "bad pain."

Athletes, for example, learn to distinguish pain that's beneficial and pain that's damaging or they don't remain healthy athletes for long. It's similar to the distinction between anxiety and pain. Both are part of a continuum.

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The same is true of pain. You can control the pain and the pain doesn't control you.

What are the signs that you've gone past positive pain and are on the edge of injury, reinjury or aiready have been injured?

Severe pain.

Swelling.

Any crackling or snapping sounds from area.

If you cannot perform manual activities.

Naussea, dizniness, blurred vision, paralysis and weakness follow-

ing an injury.

• If your pain continues beyond 10 days.

If your pain is mild and disappears quickly, it's probably nothing to worry about. Please try to understand your pain. Remember, there is lots of mental play in pain. Slowly resume your activity.

I would start with speed walking or low-impact aerobic activities such as aerobic machinery (bike, stairmaster, etc.), or low-impact aerobic exercise classes. Use your legs. You probably need to regain muscle strength.

You also need to build your own confidence back. It will all come teacher.

(Myrna Partrich, co-owner of The Workout Company of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 1225 Bowers, Birmingham 48012.)

## Teeters always winner

And what did the team do for fun while at the summer resort? "That," Stubbs said, "is his idea of having fun."

EVERY SC player has had moments when they would have liked to strangle Tecters. "He'd call and ask me why I didn't come in early to practice," said Stubs, the team's most gifted player and a certain NJCAA All-American. "I'd tell him. Tom, I spend my life here now."

His Idiosyncrasics are all part of that love-hate relationship. Tecters is a vegetarian; he snacks on sunflower seeds. He delights in imposing his eating habits on his players. For example, he won't allow them to drink pop in his

"I THINK I'VE had almost all of them in tears at one point in the season,"
Teeters admitted. "You're bound to hit those breaking points. But I don't
think any of them would have wanted it any other way."

### **LOGETHER** WE CAN MAKE A DIFFERENCE.



For millions of Ameri-cans, Christmas is known cans, Christmas is known as a time of rejoicing and celebration. Not everyone can say that. But with your help, we can all make a difference.

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Support The Salvation Army. And spread the joy of Christmas to those who need it most.

SHARING IS CARING.

SHARING IS CARING



Two players with well-known baskethall names spelled defeat for Catholic Central in its baskethall season opener Friday, 78-87.

Kevin McCormick, younger brother of former University of Michigan star Tim McCormick, secred a game-high 25 points as the Wolves came from behind to down CC.

Also freshman guard Dugan Fife, son of Clarkston coach Dan Fife, another former U-M star, added 18 points as did teammate Reggie Reed. Darin Brandt chipped in 10.

The Shamrocks, who got 24 points from Ray Richards, a senior forward, jumped to a 19-18 lead in the opening period, but Clarkston turned the tables in the second.

Fife had 12 points and the 6-foot-2 McCormick

Fife had 12 points and the 6-foot-2 McCormick ine as the Wolves outscored CC 29-14 to lead 45nine as the Wol 33 at halftime.

The Shamrocks got as close as six points with under six minutes left in the game, but they turned the ball over on an outlet pass and missed an opportunity to narrow the gap further.

an opportunity to darrow the gap furturer.

Seniors Jeff Shaner and Terry Boykin added 14 and 11 points, respectively, for CC, which was outscored by 21 points at the free-throw line. The Shamrocks were 8-of-11 while Clarkston was 27-of-39.

BELLEVILLE 81, STEVENSON 77: Livonia Stevenson showed it might be a team to watch in Observering the state of the state of

aity of Olso Iminee with 28 points, an Coming in use institution. The state of the control of th

#### basketball

just didn't put the ball in the net at the end. We've got good vibes."

FRANKLIN 51, GARDEN CITY 45: Livocia Franklin won its first season opener in six years Friday by turning back non-league foe Garden City. Franklin Look control of the game in the second quar-ter, ontscoring the Cougars 19-7 to lead 29-30 at half-time.

ter, outscoring the Coagars 19-7 to lead 29-30 at half-time.
"We just concentrated," Prankilo coach Rod Hanna said. "We played better defense. We ran the ball on of-lense, and we set up and looked inside against their 2-3 more if we didn't have it (the breast). On the look of the said to the look of the l

den City.

CLARENCEVILLE 45, TAYLOR BAPTIST 42: Senior Rich Roy turned in a solid, all-round performance Friday clight as host Livonia Clarenceville had a successful debris against Taylor Baptist Part.

Roy, a 5-foot-10 forward, led the Trojans with 11 polits, 11 rebounds and firs stack. Hyan O'Comoor and Taylor, bad a big sight defensively. Clarenceville each Paul Clough said. Hig sol a lot of stuff with pure, hard buttle. He's not an outside shooter; he gets the ball and puts it back in."

The Trojans, who made 10-of-22 at the free-throw line, trailed 23-20 at halftime but made up ground with a 14-8 third quarter.

John Caldwell and Tim Kowaliki scored 16 and 10 points, respectively, for Raptist Park.

points, respectively, for Baptist Park.

DARBORN 81, CHURCHILL 52: The Chargerscane out of the starting gate with a burst of speed and points that the nomentum was about lived as best Dearborn bounced back.

Livonia Churchill raced to a 22-11 lead in the first quarter, but they managed only four points in the second at the Ploneers railled to the stabilitime, 23-28.

"We had bad shot selection in the second quarter," Churchill coach Fred Friez said. "We had momentum our without bury towards, and only the second points of the second quarter, a couple things didn't go our way, and we fost our cool a little bit in that we took some about we shouldn't have taken."

Price was still upbest about his team, which entered the season with only veteran player to Jason Beslair, who scored 17 points to feel the Chargers. Chad Campan added 18 points, (or leding six or triples. Charchill's Mids. Joudowith had nine rebounds, Belaire, Mitte Pichs and Eric Geen eight spiece. Mohammed Addrabbon scored 21 and Tim Naiselfas 18 to pace Dearborn.

MAPLE VALLEY 71, REDFORD TEMPLE 51:
Marin Reed had 18 points and 18 rebounds but couldn't prevent a Redford Temple Christian loss Friday in the tournament at Bath High School.
Chuck Thompson countered with 34 points for Vermontville, and Matt Forell added 17 for the Linea.
Tony Neal chipped in 11 points and Mo Little 10 for 700 Meets and Mo Little 10 for 700 Meets and Mo Little 10 for 700 Meets and Meet

GC UNITED 61, PT. HURON BAPTIST; Garden City United Caristian opened up a 27-10 baltitume lead; Friday and cruised through the second balt to victory over Port Huron Community Baptist.
Christian, 4-2, was led by senior guard Tim Blatter's 20 points. Senior Ted Dillow added 12 points and 18 rebunds, while treshman Jason Cavin 11 points and 18 rebunds, while treshman Jason Cavin 11 points and 18

Doubon, while freshman about Carin 11 points and 14 rebounds.

Baptist, 0-1, got 17 points form 6-4 sophomore Kevin Sayder and 14 from Dave Jones.

United Christian made 16 of 23 free throws, Community Baptist six of 11.

CONCEPTION 72, LUTHERAN WESTLAND 57: Lutheran Westland let a two-point halfitime lead sulp away Friday when Hamiramed Immaculate Conception roared out of the third-quarter gate.

The Bengals outcored Lutheran 23-4 in the first eight minutes of the second half, and the outcome was never in doubt as immaculate Conception for 54-3 entering

LAKELAND 72, THURSTON 52: Millord Lake-land pasted Redford Tourston Friday at bome, behind: the 27-point performance of senior guard Chris-flutchins. Junior Randy Watters added 21 for the winners who had doubled the Engles output, 38-14, after only one

quarter.
The loss spoiled a 21-point, 13-rebound effort by
Thurston senior forward Fernando Merida, who battled'
foul trouble. Junior guard was the only other Thurston
player in double figures, scoring 12 points.

### the week ahead

BOYS BASKETBALL
TUBERS, TO THE MEMORY DOE, G.
Addins at Lh. Churchile, 7:30 p.m.
Westland Glenn at Doe. Edee Ford, 7:30 p.m.
Lw. Stevenson at Gauden Chy, 7:30 p.m.
Lw. Stevenson at Gauden Chy, 7:30 p.m.
Seclord CG at Wayne Memoriat, 7:30 p.m.
Southfield at Phy. Salem, 7:30 p.m.
Southfield at Phy. Salem, 7:30 p.m.
Farmegion at Wasne Memoriat, 7:30 p.m.
DH. Crestwood at Class moreofee, 7:30 p.m.
DH. Westland at A. A. Greenbale, 5:30 p.m.
Carden City at Lh. Churchile, 7:30 p.m.
Lw. Frankhat D Beatborn, 7:30 p.m.
Westland Glenn at Farm. Harsteon, 7:30 p.m.
DH. Annapolis at Red. Temple, 7:30 p.m.
Red. Temple at B.H. Roopee, 7:30 p.m.
Red.

Casa Tech at Bah. Borjess, 7:30 p.m.
PEED MCOKEY
Tunsdiry, Dec. 6
Lv. Sieverson at Southgate 8 p.m.
Wednesday, Dec. 7
Lv. Churchi vs. Boomfield Andore
Lv. Sieverson vs. 5 Neol-Lathrup
at Lhorala E (Signar Anna, 6 and 8 p.m.
Reditor Co. vs. Virosao Pol.), Assumption
Liv. Frankin at Wysochie T (Vask.), 8 p.m.
Friddy, Dec. 9
Lv. Churchi vs. Lv. Frankin
at Lhorala E (Signar Anna, 6 p.m.)
Reditor CO. vs. Crosse Pins. 5 p.m.
Reditor CO. vs. Crosse Pins. 5 p.m.
at Lhorala E (Signar Anna, 6 p.m.)
Reditor CO. vs. Crosse Pins. 5 p.m.
at Reditor Co. vs. Crosse Pins. 5 p.m.

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Churchill enjoys hockey success

Livonia Churchill completed successful week of hockey Friday, routing Millford Lakeland, 10-1, at Eddie Edgar Arena.

In previous games last week, the Chargers (5-1 overall) defeated Southfield Lathrup on Thursday, 6-3, and Millford on Wednesday, 9-2.

In Friday's win over Lakeland, Russ MacDonald, Derek Lucas and Joe Ahmet collected two goals each, Kevin Coffey, Milke Knedding, Jamle Gustkey and Chris Frayer had one goal aplece.

Churchill led Lakeland, 6-1, after two periods.

The Chargers had to relly Thursday to beat Lathrup, Knedding's goal with approximately four minutes left capped a three-goal third-period surge. Churchill trailed 5-3 entering the final period and at one time was behind 3-1.

Ahmet had the hat trick for

the final period and at one time was behind 5-1.

Ahmet had the hat trick for Churchill and Kneiding, Durham and Jeff Rheaume collected the other goals for the Chargers.

Jason Devlin played the entire way in goal for the Chargers.

Jason Devlin played the entire way in goal for Churchill and the three years are considered to the control of the cont

REDFORD CC 3, PIONEER 0: Jim Hubenschmidt scored two goals and Paul Pirronello added one Wednesday,

etrain UNIVERSITY of DETROIT

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SOUTHFIELD, MI 48034

leading the Shamrocks (1-4) to the win at Yost Ice Arena in Ann Arbor.

Goatkeeper Jim Dietrich stopped all 19 19 Honorer abotts to record the abutout.

Pirrocello's goal, assisted by Kelth Bork, gave Cot. 1-10 lead after one period. Scott Lock assisted to both of Hoberschmild's second-period goals, the first one coming on a power play, Pirrocello tale had not assist to Hoberschmild's second-period goals, the first one coming on a power play, Pirrocello tale had not assist to Hoberschmild's spower-play tally.



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