



exercising options  
**Myrna Partrich**

## Exercise assists function of brain

I read an interesting article that I want to pass on to all of you readers.

In the March issue of Longevity magazine, an article featured in the "Anti Aging News" section was written by Frank Ulovec.

In the story, Ulovec quoted Dr. Robert Dustman as saying: "In a study that suggests a whole new meaning to jogging and memory, researchers have confirmed what fitness experts have been saying all along — exercise improves the mind as well as the body."

Exercise aids short-term memory and the ability to reason, said Dustman, of the Salt Lake City V.A. Medical Center. He found that men and women placed on a four-month fitness program increased their ability to remember sequences of numbers and symbols. They were also faster at calculation and understanding new concepts and felt stronger and more energetic.

The men and women between the ages of 55 and 70 were out of shape at the start of the study. Their one-hour workouts, performed three times a week, consisted of fast walking for aerobic exercise, push-ups and weight resistance for strength-building, and flexibility exercises.

"The goal of the workouts was to raise the heart rate to a training level," Dustman said. "That is the rate that increases oxygen usage by the body, which is usually 60 percent of the person's maximum heart rate."

No stroke or heart patients were included in the study.

How does exercise improve memory? It may increase the oxygen supply to the brain, a process some physiologists believe enhances brain function.

Now I think that's downright great! Don't you?

Write me with any comments or further information you might have. I will be happy to print it.

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.

# Script contains twist of fate

**T**HE SCRIPT is supposed to read something like this: High school basketball phenom is besieged by dozens of college coaches, finally chooses one but must overcome all sorts of prominent social problems — drugs, violent agents — Mario Adams — to reach stardom, a start silt in the pros and a long run as star of a TV cop show.



That's the made-for-Entertainment Tonight version, anyway. The real-life story, as the adage insists, is often stranger than fiction.

Surely it is in Andy Grazulis' case. His life since graduating from Westland John Glenn nearly two years ago would be better suited for a full-length Tom Hanks comedy.

**BUT TO KEEP** with the theme of this true-to-life tale — fact over fiction — we'll eliminate embellishment. For instance, when Grazulis graduated from Glenn, he was not highly-recruited. In fact, he was hardly recruited at all, even though the Rockets lost by three games his entire senior season.

There were NCAA Division II, III and NAIA coaches that wanted him, but Grazulis said no way. He wanted the big show — NCAA Division I.

So he signed with Schoolcraft College.

OK, it sounds crazy — especially since Grazulis had good grades. But he figured taking a step back might get him where he wanted to be.

Then the coach who signed him at

SC, Bob Wetzel, quit a month before the season started after a flap with the administration. Grazulis — loyal to the coach who had signed him — refused to play for the Decois. Besides, a Division I school was now interested in him.

SIENA COLLEGE is a dinky school (enrollment, 2,600) located in Loudounville, New York, which is a dinky town just outside of Albany. The Saints play in the East Coast Athletic Conference, but — of greatest importance to Grazulis — they play in the NCAA's top division. He quickly grabbed their offer.

Sienna also plays very well. Coached by former Jud Heathcote assistant Mike Deane, the Saints won their regular-season league championship last year (they lost in the conference playoffs and did not make the NCAA tournament).

Grazulis hoped the team could repeat this season, with a notable exception — get into the NCAA show. He also hoped, somehow, to play a part in all this.

"That year off really hurt me," he admitted. "I got into some bad habits, and I didn't accomplish some of

the things I wanted to. But one thing I did do was gain 10 pounds."

Grazulis was 5-foot-4, 197 pounds when he left Glenn; he is now just under 6-6, and weighs 227.

**IF YOU THINK** you can figure where this story is headed, guess again. Grazulis, in spite of his rustiness, was no bench-warmer.

"It went a lot better than I hoped," he said of his first season. "I averaged 13 minutes a game, which was great. Our coach thought I was quicker than some of the other forwards on the team. It was a role that suited me well."

That role was defense. Grazulis was not expected to score. He averaged 2.2 points and 2.3 rebounds.

The team was on a roll. League-leaders, once again. Headed for the ECAC tournament, again. Then came the epidemic.

Measles. A disease most of us endure as kids swept through Sienna's campus in late January. Thirty-eight cases were recorded, including two basketball players.

No, not Grazulis. But the epidemic forced all ECAC games to be played without an audience, in an effort to contain the outbreak. Sienna's last nine games were sans fans, including all three of its ECAC playoff games.

ESPN televised the championship. After the Saints won on a last-second putback, the Sienna bench emptied. Players piled in a heap at midcourt in revelry — and in silence. The only ones watching were journalists and the cardboard cutouts ESPN set up

around Hartford's arena, familiar basketball fans like Mick Jagger, George Washington, Moe Howard.

"**IT KIND OF** reminds you of the days playing Saturday morning CYO ball," said Grazulis.

But it did get Sienna to where it wanted to go — the NCAA show. Last week the Saints took their 24-4 record to Greensboro, N.C., and proved they belonged by upsetting Stanford, 80-78. Their tournament run ended Saturday with an 80-67 loss to Minnesota.

But their confidence was cemented. "I think we surprised a lot of people," he said of the Stanford upset. "I think it's a big thing for the school. That's the whole thing — get motivated and get back to where we were this year."

Grazulis' playing time was reduced in both tournaments. He plans to change that by next season — "Hopefully, this summer I can improve my offensive skills, become more of a scorer, be more of an impact player" — and move into the starter's role.

Remember, Grazulis has just finished his first year of eligibility, and already he has endured a lack of recruiting interest, a coach's firing, a self-imposed basketball boycott, relocation far from family and friends, and an outbreak of a disease that closed arenas.

Which proves that anything can happen, which is what's so frightening about Grazulis' next three years. Someone better call Spielberg now.

## sports shorts

**● CADDY CLASS**  
Caddy lessons will be offered Monday, March 27 through Friday, March 31 for youngsters 12 years of age and above at Great Oaks Country Club in Rochester.

Those interested whose last names begin with A-L should attend from 10 a.m.-noon while M-Z report from 2-4 p.m.

For further information, contact Glen Coleman at Great Oaks.

**● SOCCER CLUB**  
The East-West Soccer Club, America's premier youth soccer organization is offering an opportunity for boys and girls to join the travel program.

Players ages 12-19 participating in the East-West Soccer Ambassador Program will represent the U.S.A. while traveling to England, Holland, Germany and France during the summer of 1989. For more information contact: East-West Soccer Ambassadors, 221 E. Garfield Rd., Aurora, Oh. 44202 or call 1-800-345-4255.

**● HALL OF FAME**  
The High School Football Coaches Association's Hall of Fame Banquet will be Saturday, April 8, at the University of Michigan's Crisler Arena. Twenty-five outstanding coaches will be inducted at the banquet where Wolverines coach Bo Schembecher will be the featured guest speaker. Cocktails begin at 6 p.m., dinner at 7 p.m. and the program at 8 p.m.

Tickets are \$15 per person and

may be ordered by sending a self-addressed stamped envelope to: Mr. & Mrs. Munkamp, 2627 Willa Dr., St. Joseph, Mi. 49085. Checks should be made out to Hall of Fame Banquet.

**● PLAY BALL**  
Softball City Spring Leagues begin April 10. Mens, Womens and Coed leagues are available. The 16-game schedule includes balls, trophies and play-off competition. Softball City also features an air-conditioned Upper Deck Lounge for before and after game enjoyment.

Fees are \$275 for Sunday through Thursday entries; \$150 for Friday entry and \$80 for Saturday entry.

For information and free brochure, call 368-1850.

**● TRY-OUTS**  
The Al Kallio Birmingham Beverly Hills Baseball League will hold try-outs Saturday, April 8, 3 p.m. at Birmingham Groves High School. The try-outs are for 13-14-year-old boys who did not play in this league last year. Participants should wear gym shoes for the try-outs in the high school's gym.

**● SHOOTING CAMPS**  
Oakland University will hold its basketball shooting camps for boys and girls in June. Day Camp for boys and girls in grades 4-12 will be held June 26-30 with two sessions. The morning session will be held from 9 a.m.-noon; the afternoon session, 1-4 p.m. The cost of the camp is \$75.

For more information, call 370-3190.

## outdoors calendar

### IMPORTANT DATES AND EVENTS

- Through March 25 — National Wildlife Week, a time set aside by the National Wildlife Federation to build public awareness of our natural resources and the ongoing efforts to conserve them. This year's theme is "Predators."
- March 28 — Deadline to register for Oakland County 4-H volunteer Challenge workshop. The workshop will update volunteers on new outdoor techniques including cross country travel, canoeing, survival techniques and bike touring. For more information, call 858-0889.
- March 30 to April 1 — Sport-fishing Expo, featuring guest speakers exhibitors seminars and more, will be held at the Southfield Civic Center.
- April 5 — Monthly meeting of the Livonia-based Four Seasons Fishing Club will be held at 7:30 p.m. at the Maplewood Center in Garden City. Guest speakers include Jim Martin, with a report on his three-year study of deformed walleye; and Alex Vitok, who will demonstrate the hand wire method of fishing for walleye. Four Seasons is a family-oriented fishing club and potential new members are invited to attend the meeting. For more information, call Tony Brecher at 477-3818.
- April 29 — trout season opens.
- The Pte. Mouillee Shooting Facility is now open to the public. Hours for trap and skeet shooting are Wednesday through Sunday, 10 a.m. to 8 p.m. Rifle and pistol shooting is open Thursday through Sunday, noon to 4 p.m. For more information call 379-3820.

### OAKLAND COUNTY PARKS

- Predators, a nature program about animals who kill to live, will be offered in two sessions beginning at 1 p.m. on March 29 and 30 at Independence Oaks.
- Flora and Fauna Foolers, a nature program about extraordinary plants and animal facts and fables, will be offered at 1 p.m. Saturday, April 1, at Independence Oaks. Pre-registration is required.

### METROPARKS

- Calling All Owls, a nature program in which participants will learn about owls through the use of mounts, art, stories, and a hike in an attempt to locate owls, will be held at 10 a.m. Friday at Kensington.
- Pancake Breakfast, featuring pancakes, sausage and a beverage,

will be held at 9 a.m. Saturday at Indian Springs. A hike in the park will follow breakfast.

- Maple Sugaring, a demonstration on the process of making maple syrup from maple sap, will be held at 10 a.m., 11 a.m., 12 p.m. and 1 p.m. on Saturday and Sunday at Indian Springs.
- Kensington Owl and Friend, a 15-minute musical puppet show about spring, will be held at 1 p.m., 2 p.m. and 3 p.m. Sunday at Kensington.

● The Huron-Clinton 1989-90 Metropark Maps, showing the locations and facilities of the 13 Metroparks plus freeways and roads in the counties of Wayne, Macomb, Oakland, Livingston and Washtenaw, are now available. The free maps are available at all Metropark offices or by sending your name, address and \$6 cents postage to: Metropark Map, Department W-15, P.O. Box 2001, Brighton, MI 48116-0001.

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