Army veterans to help rescue S'craft cagers

Dave Bogatal, the Schooleraft College men's basketball coach, said Charles Sabra is the kind of guy who "says "Yes sit, no sir 'all the time, and that's pretty catchy."

No wonder.

Sabra, 24, is a four-year veteran of the U.S. Army, who has signed a national letter-of-intent to attend Schooleraft.

the U.S. Army, who has signed a national letter-of-intent to attend Schoolcraft.

The 5-foot-10 point guard, a 1982 graduate of Detroit Cody, headlines the latest list of recruits signed by Bogata), Also Joining the Occiona are 6-6 center Eric Enderto, Jeff Elliott, a 6-3 swingman from Plymouth Selem, and Randy Watters, a 6-4, 205-guard forward from Mitlord Lakeland. Enderic graduated in 1966 from Treinon High and he also is a two-year Army veteran.

IT'S NO surprise Bogataj wel-comes Sobra and Enderie into his program, considering the kind of dis-cipline the two are used to following. Last winter the Occlots weren't dis-ciplined enough in the classroom, losing four players to academic trou-ble, and finishing with an unimpres-sive 5.24 record.

losing four players to ecanomic rosing four players to ecanomic rosing sive 5.24 record. Suthern who ecored and earlied that ACT test Begatagiand. Act and Monday to the Sabra residence in Detroit confirmed Begatagiathoughts about Sabra. "Il listen very well — even when I don't want to." said Sabra, who most recently was stationed in Fort Gordon in Augusta, Ga. "It's (the Army) done quite a bit for my disciplinary action. The more you listen, the better you'll be. If you go out there and do whatever you want instead of whatever you want instead of what you're told to, you won't be out there too long."

Sabra, and Enderle, who was stationed at Fort Hood in Texas, each have four years of college eligibility remaining.

basketball

"There's always that degree of maturity (in an Array veteran) — you can see it and it's really going to help us." Bogatal stadt. They've seen the world away from home and now they're back and ready to go school. They know the world out there is rough. That "Prepare-your-self attitude" is going to help us. "Chartle just came in one day and ald 'Gee, I'd like to try out.' As it turns out, he's guider than a cat." Bogatal also is excited about adding Elilott, a first-team All-Observal performer who averaged 20 points, six rebounds and live assists for Salem, the Western Lakes. Activities Association champion. 'There's always that degree of

ELLIOTT SHOT 34 percent from 3-point range, 47 percent from the field and 70 percent from the free-

3-point range, 47 percent from the free throw line.

"He'll be a super ballplayer for us," Bogataj said. "I know he had a couple out-of-state schools, like Wisconsin-Stout talking to him with nothing firm. He wants to come in and prove something. He'll play during und, small forward for us. I like the dos he's a hard-nosed. Ough kid boards."

Said Elilott: "Coach Bogataj's one of the main reasons I choes School-craft, Other colleges didn't seem to care much about me and and what I plan to do in the future. I figure I needed some time to work on ball handling (while I'm at Schooleraft, seem of the top rebounders in Oakland County, averaging 15 per game.

"He's a good instide man, a No. 4. "He's a good instide man, a No. 4. "We're going to have the cleanest glass in the league. We got hurt so bad on the glass last year."



Sweat glands help cool down the body

Dear Myrnn: When I do nerobles, I swent profusely. Usually, I have no odor. Can you explain? Is it good to wear deodorant when exercising?

It's good to sweat. When your body is overheated, perspiration cools it down efficiently. No one objects to the sweat that accompanies a

It's good to sweat, watch your book you overtueted, peraphration tools it down efficiently. No one objects to the sweat that accompanies a vigorous workout the sweat of sweat glands: eccrine and appoorine. The exertine glands are located all over the body; and concentrated in the forchead, palms and solts of the feet. Ecertine sweat is fairly clear, virtually doories and responds to outside temperature changes and physical exertion. We can call ecertine glands our aerobic glands. Sometimes our diet affects the odor we expel when we workout. Spiety foods and foods with garlie will do it. You probably are not eating Italian food the night before your workouts. Apoerine glands are concentrated mainly in the underarms, genitalia, nipples and buttocks. Since these glands are associated with hair follicles, they are attimulated by the same hormones. In addition to water and sail, apoerine secretions contain protein and fatty substances that attract bacteria. Apoerine sweat is stimulated by anger, pervousens, sexual arousal, caffeine, druge or illness. This is why you are more likely to have an odd after a streastical situation and not a workout. Americans are paramoid about body ofer and of the property of the property of the control normal odds or easing bacteria by babling regularly.

and often overcompensate with decodorant or antiperspirant to be safe. We can control normal odor causing bacteria by bathing regularly, wearing clothes with natural fibers thereby allowing the skin to breathe and changing our clothes daily. This is not true in other coun-tries. Your question of decodorants or antiperspirants? Obviously, keeping in mind what I've told you about eccrine glands, it's not necessary to apply before exercise.

In mind what I've told you about eccrine glands, it's not necessary to apply before exercise.

According to the Food and Drug Administration, deodorants are cosmetics consisting of perfuned alcohol that essentially camouflages odor. While antiperspirants are classified as drugs, their primary ingredient is a germicide to kill odor-causing bacteria. Some antiperspirants have aluminum or zinc, which plug the pores to prevent sweat. However, these chemicals have proven unsafe. Why use chemicals if not necessary?

Note that I am referring to exercise situations. I'm not bucking the American way of cleanliness. What do they say, "Cleanliness is next to godliness."?

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township, is happy to answer any questions readers may have regarding exercise. Please send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birming-ham, Mi. 48012)

Season offered many highlights

LANCING BACK at the scanned distribution of the highlights.

This column began reporting the scene around the end of January 41d

ended, it's time to review the highlights.

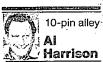
Inhightian began reporting the bowling secone around the end of Jana and the secone around the end of Jana and the secone to my attention. If there are any readers who may have bowled a particularly good game or series and it did not come to my attention. If there are any readers who may have bowled a particularly good game or series and it do not entitled the series of the series and the series of the

The manufacture are year of the control of the fair that that.

Recording 300 games this year were that that the control of the control of the fair that the fair that the control of the

• This column intends to report on a wife rance of bowling activities, not just to high erent. There are many causing events in which area bowlers rake substantial funds for some of the worthwhile and neody charities much as Cysile Fibrotic, Cancer Fund, Leader Dogs for the Blind, Make-A-Wish and others too numerous to mention.

• Some of the highlights from the past season included 16-pear-old Lona Palise with a pair of 700 series this year. The K of C Tournament at Cleverians on Schoolcraft in Livonia, The Southeast Michigas High School Championships in which more than 40 high school teams participated. One 11d who had dropped



out of school came back to high school so be could join his bowling team. Now he intends to continue school and graduate.

intends to continue achool and graduate.

There was some fantasite bording from some of the fature stars now in the youth leagues such as Islas Bishop, Tamiba Giren, Mellass Lindroth, Robin Ostro, Eric Tulley, Julius Maisano, Brian Brandon, Steve Lingeriot, Nelson Kutska, Duane Henderson, Armos Mathis, Don Harrison, Kert Prieskorn and many others also decerving of mention. But to do that would take up a whole page in this newspaper.

or This also was the season that bowling was an event in the Seoul Olympics as an exhibition apport. It is hoped bowling will have full medal status in fature Olympic, and every competing nation will send a team to the Olympics. Over-11, (1939 was an excellent season. There were more than 200,000 sanctioned men than the control of the Control of the Olympics. Over-the Olympics of the Olympics of

here nousses y.A.B.A. cowners.

• Some of the results are still trickling. The Independence Green Sunday
Mixed League has just reported its results from Bel Aire Lanes in Farmington,
The championship team causisted of
Rhonds Trafficante, Ronald Trafficante,
Ariene Gerber and Tony Camerellas,
Men's high series went to Mike Elized.
Men's high series went to Mike Elized.
Camerella at 270 while the ladies trophies went to Sally Ozama with a 599 high
series and Bratars Lowen with her high
game at 245.

e Spring/summer league section shows the Meris Trio League at Del Aire Lundo on Tuesday aight with some silver section for John Timers with a 237 game and Lynn Lewis 248. Earner and Lynn Lewis 249. Earner and Lynn Lewis 249. Earner and Lynn Lewis 249. Earner and Lynn Lewis 248. Earner and Lynn Lewis 249. Earner and Earn

Lorraine Anderson of Plymouth bursted her may into the Open Platited industrial bursted her may into the Open Platited industrial bursted in the start women's International Bowling Congress (Champinenhips at Capito Lance in Bitmarck, N.D. Anderson fired games of 212, 218 and 225 for 628. Her score is currently in first place.

resuly in first piece.

Anderson is one of 41,245 women com-pellug in the 68-day townsament. Compe-tition began April 6 and will continue dai-ly until June 12. The WIDC townsament is the largest popts participation event in the world for women. The annual event has been beld in 55 different cities broughout the country since 1916 — a total of 70 times.

Walleyegain numbers, popularity ICKEREL, Marbel Eye, Stirostedlon Vitreum, Call them what you want, but walleye are stall one of 9.5 tastlest fish lurking in Michigan wa-



walleye are tin. She of 12s tastlest fish lurking in Michigan waters.

The walleye fishery in Michigan was 10 years, but is currently on a high part of the past 30 years, but is currently on the southern partitions of the Great Lakes.

Last year, the walleye harvest in Michigan year thouse of the forest Lakes.

Last year, the walleye harvest two position on the list of the most sought after sport Ish in Michigan.

A creel census, conducted annually by the Michigan Department of Natural Resources of more than 10,000 anglers, revealed that anglers caught 9 million fish in Michigan was 100,000 anglers, revealed that anglers caught 9 million fish in Michigan was 100,000 anglers, revealed that anglers caught 9 million fish in Michigan was 100,000 anglers.

"WE ESTIMATE that the walleye are to four years," said John Robertson, Oldef of the DNN's Fisheries Division. "I would say that walleye are long to be the premiere fish in Michigan very soon."

Lake Erie, Lake St. Clair, the Detroit River and the St. Clair River are the best spols for catching walleyer in Southeastern Michigan. In Michigan very soon.

Lake Erie, Lake St. Clair, the Detroit River and the St. Clair River are the best spols for catching walleyer in Southeastern Michigan. In Michigan very soon."

Lake Erie, Lake St. Clair, the Detroit River and the St. Clair River are the best spols for catching walleyer and the produce of the state search of the state search of the state search of the state sunique coastal sand dunes love the search of the state search of the state search of Lake Michigan very soon."

Lake Erie, Lake St. Clair, the Detroit River and the St. Clair River are the best spols for catching walleyer in Southeastern Michigan. In St. Clair River are the best spols for catching walleyer and the state search of the state search

INVITATION TO BID VILLAGE OF FRANKLIN OAKLAND COUNTY, MICHIGAN

1989 STREET IMPROVEMENTS

Sealed proposals for placing 720 tons of bituminous leveling coarse, 1500 tons of bituminous surface coarse and miscellaneous bituminous street repairs in the Village of Franklin, Oakland County, Michigan.

Willage of Franklin, Oskinde County, Michigan.

will be necleved by:
at the cities of
at the cities of
the cities

Upon payment of a fee of \$15.00 per set, which will not be refunded. A certified check, bank draft, or bid bood in the sum of five percent (\$5%) of the amount of the proposal will be required with each bid.

to legislators in support of the sand dunes protection bill. In addition, a recent statewide survey of MUCC

cuses protection bill. In addition, are recent state-wide survey of MPICC inemisters revealed that 95-purcent supported legislative efforts to enact a measure protecting cosstal sand dunes from overdevelopment. REMINDER . Free Fishing Days will be held June 10-11. On these two days, residents and network of the protection may fish anywhers on Michigan Great Lakes and Inland lakes without purchasing a Michigan fishing license or a trout/salmon stamp.

lakes without the state will state with the state will also be hosting fishing clinics and derbles. For a list of free fishing weekend events write to the Michigan Department of Natural Resources, Fisheres Division, P.O. Box

The daily \$2 car and \$4 car/trail-er use fee will also be waived at all 44 DNR Recreation Division public

access boat launch facilities (not state parks).

In addition, free fiching and best

In eddition, tree fiching one best gatety information stations will be beld at four state highway welcome centers, noon to 6 p.m. Friday, June 9, and 10 a.m. to 6 p.m. Saturday, June 10. Fishing tips, brochures and a listing of free fishing events will be available as well as free boat safety books.

available as well as free boat safety checks. The Mackle Welcome Center on U.S.-27 north of Clare, New Buffalo Wel-come Center on eastbound 1-94 at the Michigan/Indiana borders, Dundee Welcome Center on U.S.-23 south of Dundee, and the Mczonineo Wel-come Center on Highway 41 near the Michigan/Waccanon border.

(Bill Parker is happy to answer questions readers may have re-garding the outdoors. Send your questions or comments to Out-doors, 805 E. Maple, Birmingham 48012.)





LAKES AREA YOUTH

· BOYS · • GIRLS • Ages 6 to 18 years old

The Lakes Area Youth Soccer League will hold registration for the 1989 fall season at the Abbott Middle School on:

THURSDAY: June 1, 1989 - 7:30 a.m.-9:00 p.m.

This program is for boys and girls ages 6 through Inis program is for boys and giris ages o tircugn 18 years old whose birthdate is 1983 or certler. Proof of age is required for players new to the league and social security number is required. For more information cell 258-4321.

- Walled Lake Community Educ, Welled Lake Jr. High, Pontiac Trail near Maple
 West Bloomlield Community Education, Orchard Lake Middle School, Orchard Lake Community Education, Orchard Lake Middle School, Orchard Lake Recreation, Middlebett north of Long Lake



SOCCER LEAGUE

AND SATURDAY: June 3, 1989 - 10:00 a.m.-1:00 p.m.

Extra registration forms for mail available at:

