

# exercising options

### Partrich

# **Children must keep** good health habits

Dear Myrna: I read a recest column and agreed with you that we need to be more strict with our children about diet and exercise. Do you have any facts supporting your theory on heart disease and young Americans?

Ver. There has been much research lately. I think Nathan Prilikin reviewed the studies made on young sol-diers killed in the Korean War. By autopay, our American soldiers were found to have large amounts of cholesterol already clogging their veins and arterizes, while native Korean soldiers had hardly any vboisterol problems. Yes, "diet and maybe exercise too" were found to be the incentive to Pritikin in the 1960s. Through research, the American Humoling and Fitness Association has printed some facts on children versus heart disease.

Fat Facts:

Ext Serce:
• Satty cholestarrel deposits begin clegging the heart's arteries so mater brith. This is leading cause of cardiovascular disease.
• More than 62 per cent of U.S. dismediary children have at least me cardiovascular risk leador and 35 per cent have two or more. Cardiovascular risk leador and 35 per cent have two or more. Cardiovascular risk leador diabete.
• Children today are significantly faiter than hose in the 1960s. Filteen to 24 percent of califoren in the united States have elevated blood fats, and 19-74 percent carry too much body fat. (Researchers ay ou can probably subtract live to sity zeras from your life if you are as little as 10 percent overweight).
• Almost half of all adolescents may not be getting enough expression develop healthy cardiovascular systems. Weak cardiovascular systems to the low productivity and early deat.
• Jist 36 percent of all students take physical deducation classes daily, and just 64 percent of all that class time is spent on activities that cars.

I would stand on top of a building with a megaphone and repeat these facts if I thought more people would listen. What do you think

would they?
 It is important to the future of this country. Children must have healthy bodies to have healthy minds and to be productive human beings.

(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 you letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birningham, Mich.

## Cage tourneys OKed

### By C.J. Risak

The tournament craze has hit in the Great Lakes Intercollegiate Athletic

The tournament craze has hit in the Great Lakes Intercollegiate Athence Conference. Few NCAA Division 1 basketball conferences fail to end their seasons without benefit of a playoit tournament the Big Ten is one of those (ew). At stake is an automatic berth in the NCAA tournament. It's carried beyond that new, of course. All sorts of season-starting tourna-mont shave popped up in the last few years, ranging from the Great Alaskan hostout to the National Invitational Tournament and the Atlantic Coast Conference-Big East Chailenge. GLIAC teams, now all members of the NCAA Division II, have caught the fever, too. Starting with the conclusion of the 1900-91 season, the GLIAC will have post-season tournaments in boh members and womens basketball, with the visioner capturing an automatic berth in the NCAA. II tournament, will be the fever in Bigglindo Laborers the Vision Tent, is will be the trans the starting spint concerns the theory power. Tent, is will be the league title; second, the NCAA II has finally agreed to give the GLIAC exilp-pion an automatic berth.

plon an automatic berth. THE AUTOMATIC berth will go into effect for the men's champion at the conclusion of this season, whith the winner of the regular-season title getting the bid. The automatic hid for the women will start after next season. The GLIAC tournaments will be hosted by the schools whose teams were the regular-season champions, on consecutive weekends. The womens tour-nament for 1990-91 will be March 1-2; the men's tournament will be March 4-9. The top four finishers in the regular-season standings will qualify. The Hirst-place team will play the No. 4 team in one semifinal, with the second-and third-place squads meeting in the obter. The consolation and champion-ship games will be played the next day. Although there's no doubling the positive impact the tournaments bould have on the GLIAC, in prestige and publicity alone, landing an automatic NCAAI II tournament berth is still the bigger coup. For years, the NCAAI II baked at granting the GLIAC a guaranteed spot in the tournament, mainly because several conference teams were affiliated with the NAIA as well and chose to compete in that post-season tourney instead. When Hillsdale and Saginaw Valley State agreed to drop their NAIA affili-tion and go atricity with the NCAAI II prior to the beginning of this academic by year, the bid was secured.

ation and go strictly with the

# Lakers beat Harrison

Farmington Hills Harrison won nearly halt of the events Tuesday, but West Bloomfield had too much Bepth in the boys swimming dual meet.

meet. Camp Purdy and Ross Novak were double winners for the visiting Lakers, who won the season opener for both teams 106-65.

The Hawks started with a victory in the 200-yard medley relay as Ed Serzo, Jason Barringer, Chad Hughes and Jeff Hurley finished in 1:49.8.

Serzo, Hughes and Barringer later won individual events.

link December 18, 1949

(24.41), Serzo triumphed in the back-stroke (1:03.8) and Barringer touched first in the breaststroke (1:05.03). Hiarrison's filth victory occurred in diving, in which Ryan Koonce racked up 20.37 points. West Bloomfield's Purdy won the 200 freestyle (1:3:6.8) and houva's suc-cesses came in the individual medicy (2:3:3.6). Novat also swam a leg of the win-ning freestyle relay, which the Lakers won in 3:46.7. West Bloom-field's David Notarius won the bui-terly in 38.24.

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Fla. school finds gems at S'craft captured top honors in their own journament for the first time in years, embarking ~ a 45-game win streak in the pr c.ess. It was then that Evans – who early in the sea-on began to doubt her team's prot-pects – and Paciero started to thick Southern And possibilities. When we beat Tampa three times, then we heat to play them again in the regional and we beat them again, that's when I thought we could do really well, "alle Evanas. Her own contributions were a ma-for reason for the success. Evans al-vays considered herself a defensive player. "My goal when I got here val to "the beat". More those the call defensive player. "My goal when I got here at the beat.

There's little doubt, this was a match made in heaven. Three Michigan girls recruited to play volleyball in Florida, the land of sunshine. Take a look outside your window and argue with them. Try to convince them they shouldn't go. And when the trio proved instru-mental in taking their new school – Florida Southern College – all the way to the final four in the NCAA Division II championship tourna-ment, well, both sides had to be hap-py.

digs and was second on the squad with 415 kills and a .289 attack per-

Acceleration of the week. PACIERO'S SEASON was nearly as impressive. The 5-lootA setter stepped right into Southern each Lois webb's modified 4-2 (two setters) offense and accumulated 922 satists-to-this second on the team to Misy Crain. She also was ranked among the NCAA II leaders with 070 serving accs per games she had 100 for the season. Her 305 digs was one of the highest totals on the team. Middle looker to returnee Vicki Saltsman midway through the as a middle looker to returnee Vicki Saltsman midway through the also at the still put up some im-pressive numbers: 122 kills with a 302 attack average. She played in 67 of southern's 142 games. The Moccashis finished 35-7 in matches, setting a school record for 12-0 in the Sunshine State Confer-ence and reached the NCAA II

championship finals — consisting of the eight regional winners — Dec. 8-10 at California State-Bakersfield by becating University of Tampa. In their first-round match at the In their first-round match at the (inals, Southern surprised Regis Col-lege 15-4, 15-0, 15-3 to move into the semifinals. Earlier in the season, Regis had dumped the Moccasins in five games. This match was differ-ent. Pactero helpod put Regis on its heels by serving 11-consecutive points in the second game. In the semis, eventual champ and host Bakersfield dumped Southern 15-10, 15-5, 15-8. In the consolution Inal, North Dakota State edged Southern 15-3, 9-15, 15-9, 15-3. provision 11 champoistap' tourna-ment, well, beth sides had to be hap-pp. "Everything we did," said one of the three, Livonia Churchill gradu-ate Chris Pactero, "far surpassed what both myself and the team ex-pected. I never slaw a lean get pro-gressively better like this one did." Maria Evans, a Garden City grad-uate, and Pactero helped Schooleraft College capture the National Junior College capture the National Junior College Athletic Association title in '86, both started for Southern this year. Sarah Heddle was also a major contributor at SC last year and Southern this year. Evans 'overall improvement was a major factor in the Moccasins' suc-cess. The 5-hool-7 ouside hitter set a single season school record with 413 digs and was second on the squad

"I WAS surprised we did so well," said Evans. "Everyone was saying, Wouldn't it have been neat if we had finished third." I thought it was great to take fourth."

to take fourth." Evans' reasoning is well-founded. Southern was, without doubt, the surprise of the NCAA II final four. The tailest of the Moccasin starters at year's end was 5-11. And they were rebuilding; just two players, Saltsman and Crain, returned with with 415 kills and a .289 attack per-centage. Her efforts carned her spots on the all-Sunshine State Conference first team and the all-South Region squad. Twice she was named confer-ence player of the week.

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college sports significant experience, and only Crain had started at Southern be-

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Crain had started at Southern be-fore. Wilch meant the newcomers had to contribute immediately. They did, but it wasn't all orange blossoms and sumbine. There were a few thunder-storms for the new coaches and new players to endere along the way. Webb, according to Evans, was not a coach to question. Indeed, any op-posing opinion was rebuilted harshly. There was friction between Evans and Webb over sets. Webb wanted fow, quick sets for her offense, that's why she had recruited smaller, fast-er players. But the sets were to low, Evans protested; hitters were mak-ing contact with beth forcorms and

WHEN EVANS fold the team's setters to set her higher during a match at the SL, buils tournament, Webb yanked Evans out and sat her down. Southern lost the next two games and Evans was reinserted into the lineup. And the sets were el-evatod. After the SL, Louis tournament, the Moccasins started winning. They

Thanday, Dec. 21 Thanday, Dec. 21 Liv ChartsfallGab Rich Tourney, TBA Liv Strentonis Bloomfeel Nis Andosen Liv Fransin at Boomfeel Nis Larser alteriot Starting Och 6 30 and 8 30 p.m. Friday, Dec. 22 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 23 Lic Charchal Gab Rich Tourney, TBA Saturday, Dec. 24 Lic Charchal Gab Rich Tou

COLLEGE BASKETBALL Trendary, Doc. 19 Henry Ford CE al Datanda CG. (somena) at Highand Latescampus G p.m. Wednesday, Doc. 20 Detta at Schookraft Cofege. (womens), 7 p.m. Schookraft Cofege. at Deta. (mems), 7 30 p.m.

p m Indiana-South Bend at St. Mary's, 7:30 p m Dakland CC at Henry Ford CC, 7:30 p m

the week ahead PREP HOCKEY Wednesday, Doc. 20 Liv Frankin vs. Midord Laveand at Error-als Edgar Arena, 5 p.m. Restoid GC at. A.A. Pioneer. (Vets), 7.35 pm.

ing contact with their forearms and knocking the ball out of bounds.

Into the other site part them any part of points.
"I NEVER considered myself a big hitter," said Evans." I used to say that to Chris (Paciero), and shed say. 'You'd botter get used to it You're a big hitter now."
Weight training and an intense preseason conditioning program were the reasons for her improvement, Evans said. "I hit it much harder this year," is be said. "With all the weight training and running. I have a 10 pounds lighter than 1 was at last year's the said. With all the weight training and running. I have a 10 pounds lighter than 1 was at last year's the said. That it much my as a 10 pounds lighter than 1 was at last year's the said. The training and shoulder got sore. Despite the training and the saids of the throughout the season, but she did not miss a match. A positive effect on Paciero. 'My level of play got better, and I didn't think 'Erdin's bad not arecund for bir serving orolidency. "I've never got stracked the ball better.".
Wat Paciero was certain of was Pace and the conditioning helped.

attacked the ball better." What Paciero was certain of was how much the conditioning helped. "The No. 1 thing that improved was my defense," she said. "I picked up a lot of balls. My serving improved, too, and so did my setting, although it still wasn't where I wanted it to be."

be." Next season, when all three will be seniors and all but one player (a non-starter) returns, Southern's pros-pects will be bright. And that will make both the former Schoolcraft standouts and the school they attend an even happier match

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