

# Fall season about to roll in

**B**OWLING LEAGUE officers have been receiving those familiar manila envelopes from the ABC during the past week.

This is the first sign of fall, the time to start getting ready for the coming season. The usual league meetings are coming up soon.

Some newly elected officers are finding out what it's all about to take on the responsibilities of running a bowling league.

That manila envelope contains several important items: the league president handbook, the secretary/treasurer handbook, one copy of the rule book (perhaps the most important piece that ABC provides) and a supply of applications for awards.

Also included in the packet is a letter listing the four league officer meetings.

The GDMA will conduct these meetings at the following dates and places: Thursday, Aug. 15, Airway Lane, 423 Highland Road, Pontiac, Monday, Aug. 19, Ark Sterling Lanes, 33200 Schoenherr, Sterling Heights; Wednesday, Aug. 21, Satellite Bowl, 25451 Michigan, Dearborn Heights; Monday, Aug. 26, Thunderbolt Lanes, 4200 Allen Road, Allen Park.

In addition to receiving scoring record sheets and other material, those present will discuss the league operations. Association representatives will be in attendance 3-7 p.m. with a question-and-answer session at 6:30 p.m.

Another item to be found in the envelope is a folder about ABC sanctioning and the benefits to every bowler from the membership.

"Be a bowler — not just someone who bowls," the brochure says.

This is a moot point for most



10-pin alley

**Al Harrison**

leagues, but for some, there is a point of discussion about each season: "Why pay the extra money for sanctioning?"

This may be an even bigger point to ponder this time, since last season's \$6 fee has now grown to \$9 per person.

We all like to save money whenever we can, so consider the benefits from ABC (this also goes for the WIBC ladies) and the local associations.

As far as the money, 66 percent goes to membership benefits, 13 percent for communication and 13 percent for administration.

This is still called your best buy in sports with those services provided by the national organization:

1) All of the necessary league supplies, schedules, standing sheets, rule books, educational materials, etc.; 2) Standardized rules for both leagues and tournaments, and constant updating of the rule book;

3) Nearly 1,000,000 awards annually; 4) A bonding program to protect the league money from misuse or theft;

5) Sanction materials, direction and consultation to managers of more than 9,000 tournaments each year (An ABC-sanctioned event gives the bowler protection that the event is properly conducted in accordance with ABC rules);

6) Research and testing to keep up with today's technology (An elaborate

testing facility houses studies on pins, lane finishes and conditioners and various equipment that affect our game);

7) Rules interpretation and consultation for a wide variety of situations; 8) A 10-person service staff to travel around the country, working with the local level;

9) Financial support to the National Bowling Council, which distributes information and statistics to help strengthen the sport; 10) A free film library with instructional and educational materials as well as entertainment films for your use at league meetings or end of the season banquet;

11) A monthly magazine to every ABC-sanctioned winter league (ABC's communications department helps make bowlers the most informed sports group in the world); 12) Staff and/or money to support senior citizens, collegiate and youth 10 pin bowlers;

13) Participants for international 10 pin competition, and working toward full admittance as a regular sport in the Olympic Games; 14) ABC is instrumental in the support of the bowling "Hall of Fame" in St. Louis.

So do we need sanctioning?

You bet we do! Every bowling league should be a fully accredited league, with all of the benefits for the members.

One new item has been added, incidentally, to the list of awards, and that is a wrist watch for anyone bowling a game of 100 pins over average.

Of all the services rendered, perhaps the most indispensable is the annual yearbook, which contains the league averages for all sanctioned men and women bowlers within that

group. This is important to anyone who ever wants to enter a tournament.

The yearbook also contains the local records of those whose bowling accomplishments are so noted.

Last year's edition contained the stats of all 102,818 male bowlers who competed in 2,822 leagues along with 79,556 women bowlers in 2,409 WIBC-sanctioned leagues.

All those who bowled 21 games or more in any league are listed. If anyone ever brags about their great bowling feats, you can look them up in the book and find out if they are for real.

A new format in ladies bowling leagues is beginning now for the better bowlers with averages of 160 or more. This is a lot to match play league and will be competing at Cherry Hill Lanes, at Inkster Road and Cherry Hill.

The match play will provide something new and different for those women bowlers who are seeking more challenging competition with a format different from the usual team play.

There will be an estimated 20 teams, bowling 35 weeks with a 6 p.m. starting time Thursdays. For more details, contact Rose Vieser, man, 31474 Rush, Garden City 48135, phone 422-5261.

(Al Harrison, a Southfield resident, serves as secretary for the Inter-Lodge Bowling League. Harrison requests that any information dealing with area bowling establishments be sent to The Eccentric sports department at 805 E. Maple, or called in at 422-1609.)

## exercising options

**Myrna Partrich**

## Family activities help crunch 'couch potatoes'

Dear Myrna: There has been much talk lately about "couch potatoes." When you refer to "couch potatoes" do you mean people glued to their television? I'm a parent of five children and I can tell you it's not easy to prevent "couch potatoes." Do you have any suggestions?

Probably one of the best incentives I can give you are some cold hard facts. The President's Council on Physical Fitness studies this issue frequently in order to get a feel for young Americans and our future in physical fitness.

Yes, when we refer to "couch potatoes," television viewing is certainly a major culprit. Our research shows that television viewing increases in incidents of obesity among children. This follows studies that indicated adolescent obesity increased two percent for every hour of daily television watched.

A new study adds that an obese child's chances of remission decrease six percent for each additional hour of television watched. National health and nutrition surveys have revealed that obesity increased an average of 46 percent from 1963 to 1980 among all groups of children and adolescents, though caloric intake did not change. Now that tells you something. Between these years television viewing among adolescents increased from 18 to 25 hours per week. Interestingly enough, American adults who participate in traditional fitness activities at least twice a week increased from 30.8 million to 32.2 million people.

What to do about our children — the future of this country?

Are you and your husband setting a good example for your children? Do you exercise or do you lead an active life?

How about controlling the hours per day the television will be allowed on? With five children they will learn humility, having to share in each others' favorite programs. How many television sets do you own? Is there one in each bedroom? I hope not.

How about family activities or sports? Activities that are simple yet physically taxing. It is summer, so why not try speed-walking five nights a week together. You can chart out great routes in our beautiful suburbs.

I know it is hard motivating all five children. You might be able to motivate a few sibling leaders though. Try getting friends involved the more the merrier. You might find other parents feel the way you do.

I have heard from many concerned parents on this "couch potato" subject.

Thanks for being an aware parent.

(Myrna Partrich, co-owner of The Workout Company, Inc. of Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send those questions to: Sports department, 805 E. Maple, Birmingham 48009.)

## outdoor calendar

### IMPORTANT DATES AND EVENTS

- Aug. 1-3 — Cabella's/In-Fisherman Professional Walleye Championship will be held at Valerius Memorial in Bay City. Call 1-800-425-5514 for more information.
- Aug. 3 — Backlashers Bass Club of Livonia will hold a kids fishing derby beginning at 9:30 a.m. at Gallop Park in Ann Arbor. Call Scott Soucy at 525-1387 for more information.
- Aug. 3 — Worldwide Walleye Tournament will be held in Bay City. Call (800) 545-1026 for more information.
- Aug. 3-4 — Fish Sandwich Weekend will be held in Bayport. Call (517) 665-2121 for more information.
- Aug. 4 — Royal Oak Archers will hold a 3D shoot on its walk through range in Lake Orion. Call 693-1369 or 693-9729 for more information.
- Aug. 9-11 — Sixth Annual Rogers City Salmon Tournament will be held in Rogers City. Call (800) 327-0374 for more information.
- Aug. 10-11 — Lake Huron Sportfishing Super Boat Tournament will be held in Cheeda. Call (517) 739-2649 for more information.
- Aug. 10-11 — Michigan Bow Hunters Rendezvous featuring exhibitors, novelty shoots, 3D shoots, door prizes, speakers and a corn and pig roast, will be held at the Clure County Fairgrounds in Harrison. Admission is \$5 and is good for both days.
- Aug. 11 — Operation Bass will hold a Michigan Division qualifier at Potomac's Landing in Muskegon. Call (509) 663-0114 or (502) 362-8110 for more information.
- Aug. 18 — Western Wayne County Conservation Association will have a 3-D archery shoot at 10 a.m. on its walk

through range in Plymouth Township. Call 453-5843, 10 a.m. to 5:45 p.m. daily or 453-5887 evenings for more information.

Aug. 18 — Saginaw Valley Waterfowl Clinic begins at 10 a.m. at the Shawassaw River State Game Area in Saginaw. Activities include decoy carving and painting contests, auctions, speakers, and game calling contests. Demonstrations, seminars and more. Call 659-8516 or 694-2751 for more information.

Aug. 22-25 — Grand Traverse Salmon Classic will be held on west Grand Traverse Bay. Call (816) 941-7044 for more information.

Aug. 28 — Entry deadline for the Sept. 8 Operation Bass Red Man Michigan Division qualifier on the Detroit River. Call (509) 663-0114 or (502) 362-8110 for more information.

Aug. 30-Sept. 1 — National Coho Festival will be held in Honor. Call (816) 338-6660 for more information.

Sept. 6-8 — Woods-N-Water News Outdoor Weekend, featuring seminars, exhibitors, archery shoots and much more, will be held at the Eastern Michigan Fairgrounds in Imlay City. Call 724-0254 for more information.

Sept. 7-8 — Michigan Hunter Education Clinic will be held at the Michigan State Fairgrounds. Call 589-8700 for more information.

Sept. 8 — Operation Bass Red Man Michigan Division qualifier will be held at the Elizabeth Park ramp in Trenton on the Detroit River.

Through August — Jack Levensen Sailing School will have classes on Lake St. Clair. Call 888-7887 for more information.

Through Sept. 2 — Crooked Lake Fishing Contest will take place at Independence Oaks County Park in Clarkston. Call 525-6677 for more information.

### OAKLAND COUNTY PARKS

Through Sept. 2 — Buhl Lake Fishing Contest will take place at Addison Oaks County Park. Call 525-0877 for more information.

### METROPARKS

Kid Stuff, a program for kids ages 6 to 10 in which participants will learn how to recycle a two-liter pop bottle into a terrarium, begins at 10 a.m. Saturday at Indian Springs.

Tease-Tease, a nature program about birds for children ages 3 to 5, begins at 11 a.m. Saturday at Stony Creek.

Elk Meetup, a naturalist-led, bike tour of the park, begins at 8 a.m. Sunday at Indian Springs.

BirdBark and Branch, an opportunity to help paddle the 35-foot Voyager canoe, begins at 10 a.m. Sunday at Stony Creek. There is a \$3 charge per person for the program, which includes a snack of donuts.

Ants, Ants, Ants, a nature program about the history and habits of ants, begins at 2 p.m. Sunday at Indian Springs.

Wildlife's Wildlife, a naturalist-led walk along Wildwing trail, begins at 2 p.m. Sunday at Kensington.

Most Metropark programs are free, but some have a nominal charge. Registration and a vehicle entry permit are required. For more information, call 1-800-324-6534.

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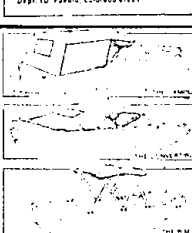
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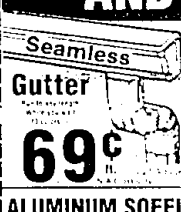
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