

exercising options

Myrna Partrich

Diet, aerobic activity can aid body shape

Dear Myrna: Despite regular aerobic exercise and lower body weight work, I still have "fat knees." Could you recommend an exercise that will specifically tone the knee all the way around?

The knees, now that's a tough one. Unfortunately, we do not have specific knee muscles to tone. However, we can tone surrounding muscles such as quadriceps, vastus lateralis, rectus femoris and vastus medialis. These three large muscles start at the hip and wrap around the patella (knee cap).

Probably the most practical way to strengthen and tone this whole muscle group is to sit in a chair and lengthen one leg out in front of you, bending the opposite for support. Start by pivoting your foot outward and hold, with your toes out to the side, then lift slowly 20 times. Also try the following: using the same leg, with the toes straight up, lift slowly 30 times; using the same leg with the toes turned inward, lift slowly 30 times. Then repeat these exercises with your other leg.

When you find these exercises easy, start using a leg weight (begin with at least three pounds).

You do realize that I've been talking about toning a muscle and not reducing fat. The only way to remove fat in any one place in anyone's body is to burn it off with aerobic activity. You can't spot reduce.

Through a low fat diet and safe, proper aerobic activity you can make somewhat of a difference. Keep in mind we can alter our body shape but never completely change it. Your body fat might find its way to your knees while mine finds hips a decent place to settle.

You haven't given me much information on your aerobic exercise. Perhaps you need to increase the time or intensity of your workout.

I know short skirts can be a drag, especially in the summer. What can we do?

(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.)

Tourney triggers new season

THE EVENT WAS the 55th Annual John P. Gavie Invitational Tournament.

It could have been aptly called the "Who's Who in Local Bowling Circles." Monday night, Aug. 19, at Thunderbowl. One of the highlights of the opening ceremonies was a presentation to Lew Ansara of Farmington Hills.

In fact, the tournament was held in honor of Ansara in recognition and appreciation for more than 20 years of sponsorship of the all-stars. This tournament is recognized as the official kick-off of the bowling season.

It is the starting signal for the 11 & L Distributors Tuesday All-Stars at Thunderbowl and the Schaefer Beer Thursday All-Star Traveling Classic.

Ansara is the honorary president of both leagues. His own team, Ansara's Big Boy, always regarded as one of the top teams in the city, set some new scoring records along the way last year.

Nobody has ever been more deserving of being honored than Ansara. His name has probably been embroidered on more bowling shirts than anyone around as he has sponsored many teams, a league and numerous tournaments. Lew has been one of local bowling's biggest supporters and boosters.

Lew is a fine bowler in his own right, having competed in some of the top leagues in the area. The Ansara family has the Big Boy restaurants in Livonia, Garden City, Westland and Redford. Not very many businessmen know the real value of sponsorship in bowling. The Ansaras sure do, and the money they spend for bowlers is well appreciated among the bowling community.

As for the bowling tournament, there were too many high games



10-pin alley
Al Harrison

and great names in bowling to list them here, however, the media team comprised of certain bowling writers easily dispatched the "Sponsor" team from the Schaefer Beer Co.

By the way, I'd like a "Bruny Lad" sandwich and fries.

What's in a name? There is a new high performance ball coming out this fall from AMF. It will be called the "Sumo." I haven't seen it yet, but I don't think it will be any larger than most other bowling balls.

Earlier this month, the Greater Detroit Bowling Hall of Fame committee met to vote for the individuals deemed worthy of selection. Aside from the bowling accomplishments, the criteria for selection includes congeniality, dress code, promotion of the game, conduct on and off the lanes and good fellowship.

The final selections by category: Men - Bob Chamberlain; Veterans - Bob Goike and Jack Born; Women - Yvonne Barnes; Meritorious Service - Robert Weissmuller.

The hall of fame dinner will be held on Nov. 3 at the Ukrainian Cultural Center in Warren.

Now for the rest of the story: There was the incident reported

here two weeks ago in which an 88-year-old Detroit bowler was robbed of his bowling ball, bag and new shoes.

Mary Mohacsi, owner of "Right Approach" pro shop at Merri-Bowl Lanes in Livonia, read about the incident and contacted the gentleman to let him know she would replace his gear with all new equipment free of charge. I am happy to report that this man came in to the shop and has his bowling outfit all new.

Nice going, Mary!

Happy retirement wishes to a longtime bowling buddy, Irv "Flying Tiger" Kempner, who is packing up to move to Tucson, Ariz., with his lovely wife Mary. Irv has been a Masonic League bowler locally for the past 30 years and will be missed. He was on championship teams with me in 1965 and again in '89.

In case you missed it, the ABC has a brand new type of award this year: a wrist watch to commemorate a game bowled of 100 pins over average. This is a very attractive award, and an attainable goal for many bowlers.

Look for the Observer & Eccentric personal bowling scorecard at all area bowling centers. These are handy to keep a record of your league scores, or if you're

not in a league, you can still have a log of your open bowling scores and use it to compute your bowling average. They are free of charge.

Personally I have kept such records for 32 years of league bowling. I know exactly how many 200 games, 600 series, and in which houses, I have bowled.

Anyone who walks into the West Bloomfield Lanes on Orchard Lake Road will be pleasantly surprised at the updated surroundings. Owner Larry Sison went all out with his pocket book this summer to make things the best that they can be for all his bowlers.

Aug. 18 was the date of the latest Stroh's Beer-Michigan Majors Tournament, held at Cherry Hill North in Clarkston.

Jon Putti, of Redford, came in fourth; Amos Madhis, Southfield, 10th; Larry Walker, Garden City, 11th; Nunzio Marino, Livonia, 15th; Tim Detherage, Canton, 18th; Ed Grant, Rochester Hills, 21st; Larry Franz, Redford, 23rd; Jon Reed, Redford, 26th; Tony Stipeak, Redford, 29th; Keith Kwiatkowski, Birmingham, 35th.

The first match of the stipulated finals will be shown on PASS Cable TV Sept. 7th. The next tournament is slated for Sept. 21-22 at Monitor Lanes in Bay City.

For further information, call Ken Charette at 775-2414.

(At 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 Observer sports department at 805 E. Maple, or called in at 422-1609.)

outdoors calendar

IMPORTANT DATES AND EVENTS

- Aug. 30-Sept. 1 - National Cobo Festival will be in Honor. Call (616) 338-6660 for more information.
- Sept. 1 - Royal Oak Archers will have a 3D shoot on their walk-through range in Lake Orion. Call 693-1369 or 693-9799 for more information.
- Sept. 4 - The Livonia-based Four Seasons Fishing Club will have its monthly meeting at the Maplewood Center in Garden City. Call Tony Brecher at 477-3816 for more information.
- Sept. 6-8 - Woods-N-Water

News Outdoor Weekend, featuring seminars, exhibitors, archery shoots and much more, will be at the Eastern Michigan Fairgrounds in Ypsilanti. Call 724-0254 for more information.

• Sept. 6-7 - Michigan B.A.S.S. Chapter Federation will have a tournament in Elk Rapids. Call (616) 264-8169 for more information.

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

• Sept. 8 - Western Wayne County Conservation Association will have a 3D archery shoot beginning at 10 a.m. on its walk-through

range in Plymouth Township. Call 453-9843 or 425-0887 for more information.

• Sept. 8 - Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

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

• Sept. 11 - Western Wayne County Conservation Association will have a seven-week class on the basics of rifle shooting. The classes will be taught by an NRA-certified instructor. Call 532-0285 for more information.

information.

• Sept. 15 - Small game season opens statewide.

• Sept. 15 - Deadline for elk permit applications.

• Sept. 15 - Fall Holloway Classic Bass Tournament will be in Davison. Call 653-1272 for more information.

• Sept. 15 - Royal Oak Archers will have a broadhead shoot beginning at 8 a.m. on their walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.

• Through August - Jack Levenetz Sailing School will have classes on Lake St. Clair. Call 886-7887 for more information.

• Through Sept. 2 - Crooked Lake Fishing Contest will take place at Independence Oaks County Park in Clarkston. Call 625-0877 for more information.

• Through Sept. 2 - Buhl Lake Fishing Contest will take place at Addison Oaks County Park. Call 625-0877 for more information.

METROPARKS

• Bireback and Brunch, an opportunity for families and individuals

to help paddle the 35-foot Voyager canoe, begins at 10 a.m. Sunday at Stony Creek.

• Adult Evening Nature Cruise, an opportunity for adults to take a trip around Kent Lake aboard the Island Queen Excursion Boat, begins at 8 p.m. Tuesday, Sept. 3, 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 1-800-234-6534.

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other products run here

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Saves Money. A 1 lb. jar of **Plumb Clean** holds up to 41 treatments. Even if drain openers could be used, it would take over 10 quart bottles to get the same number of treatments. **Plumb Clean** costs about 35¢ per treatment. We don't know of anything that cleans drains for less.

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