



exercising options

Myrna Partrich

Weather no excuse for not covering up

Dear Myrna: I am a bike rider who hates to wear a helmet. I know of the new law that all bike riders must wear them, but I feel sweaty and claustrophobic in any type of hat. The one time I tried to wear a helmet on a hot day, I felt sick. Any suggestions?

That is a tough one because you should wear a helmet. I know I love to bike ride myself and also hate helmets — but I do wear one.

Even though helmets can save lives, many cyclists don't wear them in summer. Some fear a danger of heat exhaustion. However, studies show that wearing a helmet in temperatures up to 90 degrees won't increase your body temperature or perception of exertion.

It is recommended, in hot weather especially, to wear a helmet with maximum ventilation that does not cover the forehead. This design even helps cool the face.

Consequently, if you ride in the heat you may think you are hotter than you actually are.

Please don't use hot weather as an excuse for not wearing a helmet. Remember to drink lots of fluids. You can buy a water bottle to hook onto your bike.

Claustrophobic, well if your helmet doesn't cover your forehead, you should feel great.

Take your time and shop around for your helmet — it will be well worth it.

(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 questions readers may have regarding exercise. Please send questions to: Sports Department, 805 E. Maple, Birmingham 48009.)

Tape helps foul line become fair



10-pin alley

Al Harrison

A foul or not a foul? That is the question. Many disputes have occurred in bowling competition over this occasional but sometimes difficult subject.

The foul light goes on and then the bowler claims he or she did not step on the line. An object falls out of the pocket and lands across the line. Is it a foul?

Let's look for some help. On Page 8 of the ABC rulebook, Rule 5a states a foul occurs when a part of the player's person encroaches on or goes beyond the foul line and touches any part of the lane, equipment or building during or after a delivery.

A ball is in play after a delivery until the same or another player is on the approach in position to make a succeeding delivery. A foul line must be plainly marked on the walls, posts, division boards or any other structure in a bowling center on a line with the regular foul line.

Hal Winters, director of the Western Wayne Youth Traveling Classic League, has produced "Fouls," a videotape for the league's recent bowling mini-camp.

The tape first demonstrates the "accidental foul" featuring bowlers Ernie Arbogast and Randy Stone, both noted for fouls. Step on the line and the light goes on — it's an obvious foul.

If the bowler completely aborts the delivery and does not release the ball from his hand it is not a foul, even if he has crossed the line.

Fouling on the lane next to yours is still a foul. Touching the wall beyond the line if you are on the end lane is also a foul. Even the walkway is in foul territory if you cross the line.

Is it a foul if something falls out of your pocket during delivery and crosses the line? You can pick it up without committing a foul; provided you return to the scorer's table and inform the other captain that you are picking up what fell out, otherwise it's a foul.

When a foul is deemed deliberate, the player shall be credited with zero pins for that delivery and is not allowed a second ball in that frame. A foul counts as a ball bowled and should be indicated on the score sheet with a "F" in the small square space. After fouling on the first ball, the rack is reset and the bowler must knock all 10 pins down for the spare.

Every bowling center in this area now has the personal score cards which were recently produced by the Observer & Eccentric for our bowling readers. If they aren't on the counter or display area, ask for the free cards.

The Cambridge Pro/A m tournament is back. First round qualifying takes place now through Oct. 13 at participating centers. Centers in the Observers area include: Bel Aire of Farmington, Country Lanes of Farmington Hills, Clover Lanes, Wonderland Lanes and Woodland Lanes of Livonia; and Mayflower Lanes in Redford Township.

A reminder for professional bowling fans — Mark Roth will be making a personal appearance at West Bloomfield Lanes on Sept. 29.

Beech Lanes wants your kids! There are lots of openings in the After School Leagues on Tuesdays and Wednesdays at 4 p.m., as well as in the Saturday YABA youth leagues. There also is a Thursday after school bowling special for school kids at one dollar per game. Beech Lanes is on Beech Daly, just north of Five Mile Road in Redford Township.

HONOR ROLL

Country Lanes (Farmington Hills):

Greenfield Mixed League — Carl Hansen, 247/641; Chuck O'Hourke, 249/887; Tom Gow, 233/676; Kay Markell, 239/639; Jim Waldrep, 231/602; Bill Pietryk, 239/640.

Tuesday Ladies Classic — Barbara Kirkland, 233/603.

University Mens League — Tom Atobello, 289; Steve Laine, 704.

Wednesday Junior House League — Guy Trombley, 265; Chris Himmel-spach, 264/706; Brian Campbell, 279/701; Curtis Beach, 249.

Country Keglers — Dan Seyer, 268; Dennis Harris, 247/641; Don Patrick, 245/616; Ed Replater, 239/614; Jim Yalovsky, 254/631; Dean Johnson, 268/737.

North Hill Lanes (Rochester Hills): Thursday Morning Glories — Ellice York, 244/694; Joann Mitho, 273/575.

Bowl One Lanes (Troy): Wednesday Morning Classics — Gary Muford, 299/721; Don Placinto, 259/730; Bruce Her-ing, 271/685; Leo Wolak, 264/717; Mark Moore, 268/745.

Thunderbird Lanes (Troy): Friday Men's League — J. Sewell, 290.

Daytime Old Newsletters — D. O'Neil, 267.

Birmingham Senior Citizens — John Oost, 590.

Plus: Yellow Lanes (Southfield): Providence Mixed — Mickey Ahrens, 242/624; Jeff Havesacrot, 235/639; Jim Teley, 237/682; Yvette Johnson, 202; Sue Pierson, 575.

(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.)

outdoors calendar

IMPORTANT DATES AND EVENTS

- Through Sept. 29 — Boat Show U.S.A., featuring over 1,200 boats including new 1991 models, begins at noon daily at Metro Beach Metropolitan near Mt. Clemons.
- Sept. 28 — National Hunting and Fishing Day.
- Sept. 29 — Western Wayne County Conservation Association will hold a broadcast shoot beginning at 10 a.m. on its walk-through range in Plymouth Twp. Call 453-9843 or 425-0887 for more information.
- Sept. 29 — Royal Oak Archers will hold a broadcast shoot on its walk-through range in Lake Orion. Call 693-9799 or 693-1389 for more information.
- Sept. 30 — Fishing ends on designated trout streams and lakes. (Check the 1991 Michigan Fishing Guide for streams with extended seasons.)
- Oct. 1 — Archery deer season opens statewide.
- Oct. 1 — Raccoon season opens statewide.
- Oct. 2 — Monthly meeting of the family-oriented Four Seasons Fishing Club begins at 7:30 p.m. at the Maplewood Center in Garden City. Dave Cariveau, board member of the Metro-West Steelheaders, is the guest speaker and will talk about pet, surf and river fishing techniques for fall steelhead and salmon. Visitors are welcome and membership is open to all who enjoy fishing. Call Tony Brethler at 472-5816 for more information.
- Oct. 2 — A two-part deer hunting seminar featuring naturalist/educator Joe Derok, begins at 7 p.m. at the Farmington Adult/Community Education Center, 32500 Shawassaw St., Farmington. Registration fee is \$15 and advanced ticket is \$20. Call 489-5333 for more information.
- Oct. 2 — A free public boating course, offered by the Ann Arbor Power Squadron, begins at 7 p.m. at Clague Intermediate School, 1816 Nixon Road, in Ann Arbor. Call 996-9323 for more information.
- Oct. 2 — Entry deadline for the Oct. 13 Operation Bass Redman Michigan Division qualifier Grand River.
- Oct. 3 — Duck season opens in Zone I.
- Oct. 5 — A dog weight pull event will be held in Goshen. Call 476-0350 or 231-2259 for more information.
- Oct. 7 — Fall wild turkey season opens in designated areas.
- Oct. 10 — Pheasant season opens in Zone I.
- Oct. 12 — Duck and goose seasons open in Zone II.
- Oct. 13 — Operation Bass Redman Michigan Division Qualifier will be held on the Grand River at Riverside County Park.
- Oct. 19 — Duck and goose season opens in Zone III.
- Oct. 20 — Pheasant season opens in Zone I and II.
- Oct. 20 — Pheasant season ends in Zone I.
- Oct. 20 — Royal Oak Archers will hold a 3D shoot on its walk-through range in Lake Orion. Call 693-9799 or 693-1389 for more information.
- Oct. 23 — A six-week course on the Basics of Plastic Shooting begins at the Western Wayne County Conservation Association in Plymouth. Call Bill Miller at 523-0285 for more information.
- Oct. 28 — Fall season opens in designated counties.

METROPARKS

• Make a Leaf Collection, a program in which participants will make a leaf

- collection and learn to identify trees, begins at 1 p.m. Saturday at Indian Springs. Participants should bring an 11 1/2 inch notebook, a pencil and a roll of Scotch tape.
- Nature Sketching, an opportunity for adult beginners to learn to draw nature sketches, begins at 1:30 p.m. Saturday at Kensington. Participants should bring their own pencils and sketch pads.
- Birchbark and Birch, an opportunity for families 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 this event which includes a donut and a beverage.
- Sweet, Sweet Cider Making, an opportunity for families to hand press their own cider, begins at 12 p.m. Sunday at Stony Creek. Participants should bring three clean plastic gallon containers and a basket of washed apples. Advanced registration is required.
- Leaves: Collecting and Learning, a program about fall colors and learning to identify leaves, begins at 1 p.m. Sunday at Stony Creek.
- Leaf Print T-Shirts, a program in which participants will use acrylic paint to make a leaf print t-shirt, begins at 1 p.m. Sunday at Indian Springs. There is a \$1 charge per person and participants should bring their own light colored T-shirt.
- Nature's Bounty, a nature hike in which participants will discover the wealth of nature's harvest and its importance to wildlife, begins at 2 p.m. Sunday at Kensington.
- Most Metropark programs are free of charge while some have a nominal fee. Advanced registration and an annual motor vehicle permit are required. Call the Metroparks at 1-800-47-PARKS for more information.

OAKLAND COUNTY PARKS

- Canoes and Colors, a naturalist-led color tour by canoe around Crooked Lake, begins at 3 p.m. Saturday at Independence Oaks. Participants may bring their own canoe or rent one from the park.
- Migration Vacations and other Hidesaway Places, a nature program about the mysteries and mechanisms of migration, begins at 1 p.m. Saturday, Oct. 5, at Independence Oaks.
- Autumn Magic — A Family Festival, a family event featuring cider making, hay rides, face painting, fall crafts and more, begins at 1 p.m. Saturday, Oct. 12, at Independence Oaks. Limited tickets are available for \$2. (Some craft sessions may have an additional fee.)
- Amatig Apples, Eco-explorers ages 6-8 will discover how apples help keep kids healthy and clean their teeth, begins at 1 p.m. Saturday at Independence Oaks. Participants will help hand press cider and enjoy apples, stories, games, songs and crafts.
- Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 425-6473 to register or for more information.

ROAD KILLS SAVED

Road-killed game animals, except spotted fawns, rub bears or migratory birds, may be kept WITHOUT a special permit if the hunting or trapping season is open for that species and if the person has an appropriate hunting or trapping license.

This new law allows licensed hunters to recover game as part of their daily bag limit.

Permits are still required for road-killed game animals if the person does not have a valid hunting or trapping license.

Rules also remain the same for road-killed non-game mammals and birds in that non-game mammals, except for those protected by the endangered species act, may be kept at anytime without a permit.

Road-killed non-game birds, except for house sparrows, European

starlings and feral pigeons — which may be kept at any time without a permit — and endangered or threatened species — which may be kept only in compliance with the endangered species act — may be kept only by a scientific or educational institution with a permit.

Road-killed deer that are not spotted or an adult bear may be salvaged for food by anyone at anytime with a permit.

FREE FISHING CONTINUES

The Michigan Natural Resource Commission recently passed a resolution to continue Michigan's annual Free Fishing Weekend program for another five years.

Established by law in 1986, Free Fishing Weekend provides resident and non-resident anglers with two consecutive days to fish without a license.

CAN THE LUXURY OF A POOL TURN INTO A BIG HEADACHE?

COVER YOUR POOL!

40 ft. x 50 ft. was \$79.95
Now **\$69.95**

40 ft. x 100 ft. was \$109.95
Now **\$99.95**

- New 2-Year Limited Warranty
- Completely Reusable
- Prevents Algae Growth
- One Piece Construction
- Premium Grade
- Hundreds of Uses

See our ad in AMERITECH Pages Plus® Yellowpages

AIN PLASTICS OF MICHIGAN, INC.
22150 W. Eight Mile (West of Lahser)
Southfield 358-4000 or 1-800-521-1757

BRING THIS AD IN FOR ADVERTISED DISCOUNTS!

TIMBERLAND. GUARANTEED UNDER THE FOLLOWING CONDITIONS.

Since you never know when the weather will turn on you, turn to Van Boven this fall. There, you'll find the "Timberland" Shop. A shop brimming with the world's finest collection of weatherproof footwear, clothing and accessories for men and women. So no matter what the conditions, stop by the Timberland Shop at Van Boven.

Van Boven

1200 Woodward Boulevard, Detroit, MI 48206

NEED A RIDE?

Live at INDEPENDENCE VILLAGE, let us do the driving for you.

Are you finding it difficult to get to appointments or shopping? Are you tired of your family or friends driving you? We provide scheduled transportation in and around Brighton. As resident, this service and many more are included in the rent of your private apartment.

Independence Village of Brighton

For Your Appointment Phone **313-229-9190**
Hours: M-F 9-5; Sat. 12-5; Sun. 1-5
Managed by PM Onn of PM Group

Please send me more information on Independence Village

Name _____ City _____

Address _____

State _____ Zip _____ Phone _____

Mail To: Independence Village of Brighton
833 E. Grand River Ave.
Brighton, MI 48116

Continental Cablevision

OF SOUTHFIELD
IN COOPERATION WITH

THE
Observer & Eccentric
NEWSPAPERS

HIGH SCHOOL FOOTBALL GAME OF THE WEEK

SOUTHFIELD LATHRUP vs. WEST BLOOMFIELD
SUN., SEPT. 29/7:30 P.M.
WED., OCT. 2/8:00 P.M.

Celebrating 10 years of presenting local sports to our community

DEPENDABLE HOME IMPROVEMENT

36222 Glenwood • Westland • Phone 721-0681 or 721-0906

FALL SPECIAL • 10% OFF

- VINYL REPLACEMENT WINDOWS
- VINYL SIDING AND TRIM
- ALUMINUM SIDING AND TRIM
- ALUMINUM GUTTERS

EXPERT WORKMANSHIP!

HOURS: Mon. thru Sat. 7 a.m. to 6 p.m.

CALL... 721-0681 or 721-0906

WESTLAND MARBLE

36222 Glenwood • Westland • Phone 721-0520

COMPLETE KITCHEN AND BATH REMODELING • BEAUTIFUL TIFFANY MARBLE •

- Custom marble vanity tops, any size
- Special built in rose vanity tops
- Granite and Onyx counter tops
- Kitchen counter tops
- One piece marble floors up to 5" by 11"
- Marble tubs and enclosures
- All type window sills
- Marble wall paneling
- Jacuzzi whirlpool tubs
- Many colors to choose from

"IF IT CAN BE MADE IN MARBLE, WE CAN MAKE IT"

WE WILL INSTALL IT or YOU CAN INSTALL IT YOURSELF
FREE INSTRUCTIONS AND ADVICE

VISIT OUR SHOWROOM or CALL... 721-0520