A few tricks for lane treats

ALLOWEEN IS UPON us and here are a few particular "irricks" and "treats" just for bowlers:
Treat — any time you carry a strike on a "Brooklyn hit."
Trick — on a solid pocket shot, the whole back row of plas remain standing.

whole back row of pins remain standing.
Treat — on a night when nothing goes right, they call your number for the mystery game and you win with a 112 game.
Trick — you expected fry lane conditions and they olid them wall-to-wall and 10-feet tall (or vice ver-

to-wall and 10-feet tall (or vice versa).

Treat — When you thought you
lost the game, then found a mathematical error and it turns out you
actually won by two pins.

To be don't match
treat — it's a "beer frame" and
you rolled a strike.

Trick — The ball slips out of your
grasp and lands squarely on your big
toe.

Treat - Bowling your highest

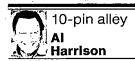
Treat — Bowing you impos-score ever.

Trick — They announce your car in the parking lot with the lights left on, and it's raining out.

Treat — Seeing your own name here on the "honor roll" next week.

Bowlers looking for some tournament action can pick and choose from all kinds of competition both locally or out of town. The largest cash prize, as usual is the Hamtramck Singles, which anyone would think is held in Hamtramck, right? Wrong.

You will have to go to Hazel Park to bowl in the 41st Annual Ham-



tramek Singles Classic. The tournament starts Oct. 13 and runs through June 30 with a first pire of \$50,000. Entry blanks are at bowling centers all over town or call \$46,0070. The DWBA 57th annual city championablp will open March 7, 1992. Entry forms are out now.

The tournament will be held just prior to the WIBC 1992 National championships in Lansing, beginning April 2. That's a long way off, but remember, entiries close by Jan. 10th.

April 2. That's a long way off, but remember, entires close by Jan. 10th.

The 89th Men's state tournament will take place in the Detroit area from Jan. 11 through May 11th. The total prize fund will be about 1252,000 and entries and more information can be obtained by calling MNBA secretary Fay Sivers in Lansling at \$17-699-3038 from 1 to 5 pm. More than 3,000 teams are expected to compete in this event.

The Old Timers Bowling Association will hold its first annual tournament and diamer Nov. 30 in the Thunderbowl. This event is for men what have been bowling at least 22 years and are age 40 or over. It is separated into groups for awards. One of the highlights will feature several of the past great who will be bowling together entition. Names such are fairned to the past great who will be bowling together protein the several of the past great who will be bowling together entition. Names such are fairned to the past great head of the past great head

pected to be there.

The eighth annual "Make-A-Wish" charity Pro-Am Tournament is scheduled for Oct. 27 and Nov. 3 at Astro Lanes. Many of the top probowlers and local celebrities will be on hand.

on hand.

This is a "No-Tap" event which has been organized by Cora Fieblg. For information call 399-8733 or 589-918. The Men's Pro Bowlers tour stop at Taylor Lanes affords an opportunity for local shooters to compete in the "pro-am" part of the event with a chance to bowl with the top stars of the Pro Tour.

The dates are Nov. 26-30. For those that like to say "Have ball, will ravel," there is the big money action at the Holinke Super Classic in Chicanti, the Peterson Classic in Chicago, and the High Rollers in Las Vegas. The entry forms are available at most bowling centers. I expect to have the results of the Team USA Tournament in this column next week.

An innovation for those that like this type of competition is the newly formed Classic Tournament League which will begin at Classic Lanes in Rochester Hills with the first one on Nov. 5 at 8:30 p.m. This will take place each week for 24 weeks. It will consist of mixed players. For more details on this call 852-9100.

Drakeskire Lanes (Farmington Hills): Tuenday Men's Junior House — John Bryngelson, 299/715; Wayne Grieve, 265; Don Buttlewicz, 283. Bnal Brith — Howie Gerenraich, 269/ 789; Howie Germarkch, 269/769; Wayne Lusky, 737; B. Schussel, 712.

Bel Aire Lanes (Farmington): Novi Pinpointers — Barb Dettore, 207; Rosemary Banish, 221; Dorothy Bose, 200; Dawn Frank, 211. Early Birds — Dorothy Kelly, 202. Salad Bowlers — Soe Simons, 201; Carliess Jackson, 228. Walnut Creek Country Club — Kathy Microckowski, 205.

Mrockowski, 105.

Cosntry Lases (Farmington IIIII):
Crentlield Mixed — Kathy Soow, 114/
607; Lee Soow, 213-31/768, Choloride, 217/698; Debbie Van Meter,
216/259; Jim Jimmerson, 211/613; Meter,
216/259; Jim Jimmerson, 211/613; Meter,
216/259; Jim Jimmerson, 211/613; Meter,
216/259; Jim Jimmerson, 211/610; Kevin
Landare, 234/451.
Country Keyler — Denois Harris,
237/638; Bill Cochrane, 121/606; Bill
Richardson, 235; Well Ullrich, 241/601;
George Vann, 235; Well Ullrich, 241/601;
George Vann, 235; Well Ullrich, 241/601;
Febrenbach, 235; Well Villrich, 231, Andy
Ericksen, 233/628; Gerdy Gritmes, 135;
Gron Raymond, 235/638; Stevs Schoenberg, Jr. 235; Dare Lander, 246.

perg. Jr. 239, lawe lancer, 248.
Plam Biolova Laace (Seatkleid): Providence Mixed League — Katle Turner, 18/471; Pamela Parker, 224,675; Jim Telep, 248.
Inter-Lodge Masonic — Harry Goodman, 344; Al Harrison, 147/430; Jerry Hobbing, 328; Bob Solmon, 233.
Thanderbird Lancs (Trop): Thursday One O'Clock Rollers — Jackle DeMonaco, 230.
Planting Man Ladies — Denise Tubbs, 1801.

620.
Monday TBird Ladies — Roxie
Kribbs 627.

Rribbs, 527.
Royal Oak Men's League — Jack
Kempton, 275.
Emerald Lanes (Truy): Ford Goodfellows — Art Rash, 300.
Claylo Lanes (Goodfel-

Emerald Lases (Troy): Ford Goodfelows — Art Rash, 309.
Classic Lauses (Rochester): Ladies Classic Invitational — Sharon Schaeler, 257;
Mary Guslander, 618.
North Rill Lases (Rochester Hills):
Wednesday Nite Downtown Merchanta —
Roger Fuller, 778.

(At Harrison, a Southfield resident, screes 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

Mvrna **Partrich**

Straighten up and stretch that chest

Dear Myrna: I am one of your regulars. I have been coming to your classes at your studio for about nine years. You have always mentioned the most important part to stretch is your chest. You also mentioned that we should be doing these stretches at home daily, Do you really mean it? Any suggestions for at-home chest stretching?

Well certainly. You really do need to stretch your chest out dally. All of our daily activities are frontal — our arms always being in use in front. Even just sitting at a desk writing or reading in a downward position can lead to a hunched back.

position can lead to a hunched back.

Driving a car, carrying a heavy bag or even little children will
collapse your posture. We have to combat this age-old problem.

Lengthening the muscles in your chest will fight to counteract this
downward slump, hunchedback problem. Our posture is extremely important.

Here is a simple way to stretch your chest at home.

• Lie on the floor with your knees bent and your feet flat on the floor, Place a soft, small beach ball (eight inches or so in diameter), or a hard tiny plilow, behind your back. Adjust its o that when you lie on it the object will be at the middle of your back and at the base of your shoulder blades. Clasp your hands behind your head on the floor and open your clows to the floor.

- Let your head lower to the floor and relax. If your head can't reach the floor because your chest is too tight, use a pillow beneath it.
- Inhale and exhale slow and deep, relaxing in this posture. Try to stay there for at least 15 minutes.
- To finish the stretch slowly turn your whole body with your leg

to the side.

This stretch also serves as a great stress releaser.

Generally, as you adventure through your day, it is important to stretch the cheet at least three times. As simple a movement as placing your hands at the back of your walst and pulling your abade at the back of your walst and pulling your aboulders gently backward will help.

Keep in mind wour body alignment when sitting — abdominals tight, chest lifted and shoulders back.

Since you have been coming to class nine years, do you see a difference in your posture? I will bet you have developed a good sense of body awareness. We hope this awareness will help you through an injury-free life.

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

outdoors calendar

IMPORTANT DATES

• Through Nov. 14 — Sighting In Days will be held at the Western Wayne County Conservation Association in Plymouth Township. The range will be open to the public 10 a.m. to 430 p.m. daily. There is a \$5 fee. Hand guns may be sighted-in.

dally. There is a \$5 fee. Hand guns may be sighted-in.

• Through Nov. 2 — Operation Bass Redman (Regional championath) will be held on the Mississippl River at Allong Hillonis Four area anglers will compete.

Hillonis Four area anglers will compete.

• Nov. 2:10 — The 23th Detroit Camper and Ry Show will be held at Cobo Center in Detroit. Show hours are 2:9 p.m. Monday through Friday, noon to 9 p.m. Saturday and onon to 9 p.m. Saturday and onon to 9 for Saturday and onon to 9 for Saturday and competence on the control of the mission is §§ adult while children 12 and under accompanied by an adult will be admitted free. Tuesday is Senior Citizen's Day and seniors will be admitted for §§.

Nov. 3 — Dog weight-pull will be held in Williamston. Call 476-0350 or 231-2259 for more information.

Nov. 4 — Fall wild turkey season

Nov. 6 - Nonthly meeting of the family oriented Pour Season Fishing Club begins at 230 p.m. at the Maple Club begins at 230 p.m. at the Maple velocine, and membership is open to all who enjoy fishing Call Tony, Brether at 477-3816 for mere information.
Nov. 11 - Quall season ends statewards.

Nov. 11 — Quall season ends state-wide
Nov. 11 — Pheasant season ends in Zones II and III.
Nov. 14 — Woodcock and grouse srason ends statewide.
Nov. 15 — Firearms deer season begins statewide.

SIMPLY THE BEST CONCENTRATE

ROCHESTER CHEMICAL INC 573-9444

Nov. 17 — Royal Oak Archers will hold a 3D shoot beginning at 8 a.m. on its walk-through range in Lake Orion. Call 653-1369 or 693-9799 for more informa-

693-189 or 693-199 for more informa-tion.

Nov. 27 — A five-week course on the basics of shotgun shooting begins at the Western Wayne County Conservation Association in Pymouth. Call Bill Miller at 532-0485 for more information.

Nov. 30 — Firearm deer season ends statewide.

nied by an adult will explore the sights, sounds, scents and textures of the natural world, begins at 10 a.m. and 1 p.m., Wednesday, Nov. 5, at Independence

Still Room, a nature program in which participants will learn methods of preparing and preserving herbs, begins at 1 p m. Salurday, Nov. 9, at Independence Oaks. Cost is \$1 per person or \$5 per fam-

OAKLAND COUNTY
PARKS

• Oakland County Parks programs require advanced registration, and some a nominal fee. Call the Independence of the Call the Independence Collary Nature Center at 825-6473 to regram in which children age 3-6 accompanies.



Continental Cablevision

OF SOUTHFIELD IN COOPERATION WITH

Observer & Eccentric

HIGH SCHOOL FOOTBALL

SOUTHFIELD -vs-

SOUTHFIELD -VS-SOUTHFIELD LATHRUP at the Silverdome SUN., Nov. 3 - 7:30 P.M. WED., Nov. 6 - 5:00 P.M.

OAK PARK -vs- BERKLEY WED, NOV. 6 - 8:00 P.M. SUN., NOV. 10 - 7:30 P.M.

ر الروس الروس الراس

Celebrating 10 years of presenting local sports to our community



ch le hotier @ Twice a weak is better o

YOURSELE SIDING



ALUMINUM SOFFIT Any Color - Any Shape

DETROIT CLID PONTIAC LIVONIA INKSTER CASSCITY WYANDOTTL

MEL Dynamics Control Major Co

VINY \$3995

#1 COIL STOCK

SOLID VINYL REPLACEMENT WINDOWS SAME SALES SAME \$8.995

 ₩olverine
ALUMINUM SIDING Custom Trim Available

D/4 19RW 3 Colors Full Warranty \$**49**⁹⁵i

| DETROIT | CLU | PENTENNE | STATE | PENTENNE | STATE | PENTENNE | STATE | PENTENNE | PE

YOU'LL NEVER BELIEVE WHAT'S ON SALE THE NEXT FOUR DAYS.

October 30, 31, November 1 & 2



BIAUTHULLY TAYLOR DE EXTRA 1321 TARNE LATEST IASHION 1281 TARIC CONTROL TO EACH 1255 MACH CONTROL TO EACH 1255 MULTI-LIVIL TEXTURED LOOF, 124% SMOOTH FINELY SEEN VILVE FUSING MANSAND 120% FOURHED TONG CONTINUE TO 120% INCOME TO 120% WAR DATED IN 100 NO 120% 120% DEASHED TO 120% 120%

DON'T MISS THIS EXTRAORDINARY BUY!!



DONALD E. MCNABB CO.

31250 S. Milford Rd. (313)437-8146

15 min. West of the 12 Oaks Mall Open Mon. - Sai. 9 am- 7 pm

