



Merry Christmas: Steven Welch (right) got a visit from OLSM hockey players Cormac Lynn (left) Todd Sims, Adam Raynish, Jay Penske and Ross Rinkinen (with beard).

OLSM hockey team provides holiday cheer

Seven-year-old Steven Welch of Clarkston had a merrier Christmas than expected, even though he was a patient in the pediatric unit at St. Joseph Hospital in Pontiac, thanks to members of the Orchard Lake St. Mary's varsity hockey team.

Every two weeks during the high school hockey season OLSM players buy gifts for the patients and hand them out, with a little extra cheer, to the young patients.

Santa, portrayed by Ross Rinkinen, had lots of help from his elves Cormac Lynn, Todd Sims, Adam Raynish and Jay Penske.

"Doing this gives us a good feeling that lasts for a long while," said Penske.

The same could be said for the kids, judging by their smiles.

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you really isolate your lower body. You won't leave here without exercising every muscle in your body as well as receiving a great cardiovascular workout."

Many benefits

Southfield's Marci Hyman started working out in one of Levy's kick-aerobic classes six years ago and is now one of the instructors at the Executive Boxing Club. Hyman, who has been teaching kickboxing for three years, feels students also gain mental benefits from the classes.

"You're not only strengthening your body, but you're strengthening your mind, too," said Hyman. "For me, I gained a lot of self-confidence knowing I could possibly protect myself if I had to."

The Executive Boxing Club is open to adults and teens and is open seven days a week with classes running at various times throughout the day. The majority (about 80 percent) of the students are female, which is surprising in itself, considering boxing and kickboxing are deemed such a macho sport.

"I see a lot of women who come in here and need a place to get it all out," said Kristy Andrews, who after five years of training under Levy gave up a 12-year career pharmaceuticals career to become a full-time kickboxing instructor. "It makes you strong both physically and mentally. I've been through a lot of major turmoil in my life and this has really helped get me through. When you feel good about yourself physically, you automatically feel better mentally."

Check the credentials

Levy, a Berkley native, was ranked in the top 10 in the lightweight division among professional kickboxers in the late 80s. He has been teaching kickboxing as a fitness workout for 10 years and his credentials speak for themselves. He is a certified instructor for the American Council On Exercise. He has taught over 10,000 classes. He's considered a leader in the international fitness industry and has produced a video entitled "The Fighting Trim Workout," which was ranked as the top fitness video by Shape Magazine.

"People think kickboxing is so barbaric, but in the 10 years I've been teaching I've never seen a severe injury," said Levy. "There's been a few muscle pulls, but that's about all."

Levy originally opened the doors to the Executive Boxing Club in 1994 in Royal Oak. When his lease in Royal Oak expired a few months ago, he moved his club to its current location at 33022 Northwestern Highway.

"We've been doing very well here," said Levy. "We just decided to move and a lot of the people that were with us in Royal Oak moved with us."

Added Andrews, "It's a great workout. You can lose weight, tone up and learn to defend yourself. It's the new craze. The super models started doing it in California and New York and it took off from there. The only thing is, there aren't that many clubs like ours that are open for fitness."

For class schedules and more information call Ken Levy's Executive Boxing Club at (810) 932-5810.

Pioneers from page C1

neers didn't come away feeling lucky. Oakland had its five-game winning streak snapped in a 72-66 opening loss to Washburn (Kan.) before watching the University of California-Riverside rally for a 73-70 win the next day.

Joey Ramirez drilled two 3-pointers in the last 1:30 to help UC-Riverside take the lead for good after OU had built a second-half lead on the strength of

a 14-4 run after intermission.

Senior guard Kevin Kovach led the Pioneers, who slipped to 6-3 overall, with 22 points. Senior forward Dan Buzza chipped in 20 points and sophomore center Matt McClellan had 15 points and nine rebounds.

Kovach netted 20 points in the loss to Washburn. The Pioneers managed a 20-11 first-half lead, but Washburn rebounded for a 40-35 halftime advantage.

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