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The Observer & Eccentric publishes the "Recreation Center" every Sunday in Sports. To submit results of competition, items for the Rec Roundup or local story (doos, call staff writer Chris Mayer at (248) 901-2589, fax him material at (248) 644-314 or write to him at 17 no Observe & Eccentric Sports Department, 805 E. Maple, Birmingham, MI 48009.

Trimper rolls 238 to earn Queens Tournament title

In 1994. Last Sunday it was Trimper again with her second championship crown in the Michigan Queens Tournament at Westland Bowl

rown in the Michigan Queens
Tournament at Westland Bowl
as she defeated Sandy Winbigler of Roseville in the final
match, 232-201.

Every year since 1984, the
Michigan Women's Bowling
Association has run the Queens
Tournament. It's considered to
be the premier event of the
year, bringing out the top competitors from throughout the
state while being held in a different city each year.

In order to reach the winner's
circle, one has to bowl through
the qualifying rounds and
make the cut to match play. It
then climinates down to the

then eliminates down to the final five in a stepladder for-

nt. Trimper finished the match Trimper finished the match play as the top seed, so she only had to bowl one game in the finals. In the first step of final play, Jennifer Slagter of Grand Ranjad defeated Carmen Allen of Detroit, 264-235. Slagter then met Susan LaRegine of Midland and in a high-scoring match LaRegine won 249-245.

won 249-245.
Sandy Winbigler then met
and defeated LaRegina, 245235. Then along came Trimper,
displaying a powerful shot as
she connected five strikes in a row and took advantage of

and took advantage of Sandy's nine-count taps in the fifth and sixth frames.

"I knew then that I could win," Trimper said.

Trimper averages 200 in the Luxury Ladies Invintional and the Bonanza Ladies Trio. Although she did not take up the sport of bowling until the age of 17, she has come on as one of the area's finest players. With one 300 game, two MWBA Queens crowns, and a high series of 772, she hopes to hit an 800 series someday.

This per side was a great challenge and she was four years and the total the rown over a field of the fineat wenen bowlers in the word in 1990 and second team All-City in 1990.

It was not be take the crown over a field of the fineat wenen bowlers in the word in 1990.

It was not be take the crown over a fineat wenen bowlers in the word in the fineat wenen bowlers in the word in the word in the fineat wenen bowlers in the word in 1994. Last

Sunday it was Trimper again with her second championship crown in the Michigan Queens

Tournament at Westland Bowl

Tournament at Westland Bowl

All Events actual in 1992 and second team All-City in 1990. In 199

talent on this day. It was a seated and the way!

What a way to end a seated and the seated as the All-Star Bowlerettes held a roll-off between first-half champs Component of the seated as the All-Star Theory of the seated as the All-Star Theory of the seated as the All-Star Theory of the seated as the seated as the All-Star Theory of the seated as t

MWBA Queens crowns, and a high series of 772, she hopes to hit an 800 series someday. Trimper was selected to the All-City first team (1991-92), was the Mid-States Masters will be a shoot-out between a Champion in 1990, the City

BOWLING HONOR ROLL

Plaza Lanes (Plymouth)
Guys & Dolls: Frank Pencola,
268-259-226/753.

268-259-226/753.
Country Lanes (Familington)
B'Nal Britin Pisgah: Lyle Schaefer. 227-288/711; Bryan Levine,
259-227-210/696; Andy Rubin,
219-236-238/693; Jerry Lash,
224-225-233/682; Allen Zuppke,
230-248/656

224-225-233/682: Allen Župpke, 230-248/660. Plum Hollow Lenes (Southfield) B'Nal Brith Morgenthau L'Chay-im/Zeiger-Gross: Lee Weinstein, 217-200/607; Lon Moss, 205-209/605; Bill Yaker, 211-202; Bob Joseph Lanes (Troy) Survivors Mixed: Bob Nolan, 300.

Bowl One Lanes (1979)
Survivors Mixed; Bob Noten,
300.
925 Classic: Bill Kolar, 298.
Sacred Heart: Jim Hicks, 279.
Phil Tompkins, 279.
Bowl One Rollers: League
Champs: Mike Lestie, Debbie
Lesile, Jim Barner, Tammy Barner,
Mason, Eldora Seat, Ead Zingler,
Wilda Newbold, Kathy Cornell.
Jacks & Jillis: League Champs:
Brenda Reeves, Brenda Sullen,
Gay Holloway, Colvin Sullen.
Tuosday Night Men: League
Champs: Subway: Scott McGlore,
David Silverman, John Neville, Dan
Wilson, Brian Craczyk, Michael
Hoobler.
Monday Merchants: League

DODIET. Monday Marchants: League

Monday Merchants: League Champs: Jeff McIntosh, Gary Palys, John Sudderth, Lenny Palys, Greg Sudderth, Kevin McIntosh. Golddusters: League. Champs: No Passing Zone: Tyree Trickey, Dennis Sadler, Mary Franke, Lou Tosi

Dennis Sadler, Mary Franke, Lou Josi.
Sow! One Sunday Nighters:
Legue Chemps: A.W. K.I.W. R.:
Tina Blanchette, Sherry Smiglel, Rick Smiglel, Tony Tomlinaci, Constantial Smiglel, Rick Smiglel, Tony Tomlinach, Maggie Hunter, John McFell, Don Hunter, John McFell, Don Hunter, Bow! One Jewels: Legue Champs: Olde Goats: Jim Edgil, Kathy Wells, Isabel Matthew, Jerry Wells.

Paul, Colburn shine at Race Judicata XIX

Fawn Paul and Mary Colburn were among the big winners at last weekend's rainy Race Judicata XIX rond race.

6. C. Stulberg, 45, (Blm. Village) 25.01

5. Eamste 40-49

1. Kathleen Glna. 48, (Ann Arbor) 21:35

2. Julis James, 49, (Birmingham) 25:57

Raco Judicata XIX road raco.
Paul, a Troy resident, was
crowned the overall female winner in the General Division 10kilometer raco after covering the
picturesque course in 43 minutes, 14 seconds. Coburn, who
halls from Commerce, clocked a
17:45 for the top female time in
the General Division 5K run.
This year's

This year's
Raca Judicata
event was conducted May 2 on
tho stream of Birminghum and
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the May

RACE JUDICATA XIX (May 2 in Birmingham/Bloo Township)

5K/General Division Male overall whose 1. Gary Schults, 19, (Clawson) 15:25

Female 20-28
1. Tracie Walker, 20, (Waterford) 21:48
5. Anna M. Shih,28,(Bloom, Hills)31:43 Male 30-39 1. Graham Henckel, 33,(L. Orion) 17:25 2. Anthony J. Selley, 31, (Birm.) 21:09 3. Eric Dobrusin.34.(Bloom, Hills)21:22 4. Alan Vlad, 38, (Farmington) 22:13 6. Ed Koza, 38, (Birmingham) 24:11

5. Amy Accehura, 34, (Farm. Hills) 28:05 6. Ann Levy, 39, (Birmingham) 28:13 8. Liz Larin, 37, (Bloom. Hills) 29:45

Male 40-49
1. Hill Penninger, 42, (Niles) 18:11 2. David Zurheide, 41, (Troy) 3. Jim Connton, 48, (Lake Orion) 20:22 4. Tom Tippen, 46, (Clarkston) 23:04

Male 50-59
1. Jack Carlton, 56, (Livenia) I. Jack Cariton, 86, (Livonia) 20:57 3. Richard Litzler, 68, (Blm. Hills) 21:52 4. Lou Deerosicrs, 53, (Blm. Hills) 26:14 Famals 80-59 1. Linda Forsberg, 60, (Blm. Hills) 25:52 Male, 60-99 1. Del Sisier, 62, (Livonia) 25:03

2. Kenneth Madigan, 62, (Troy) 34:24

10K/General Division Male overall winner 1. Mark Kossak, 40, (GP Woods) 36:09 Female overall winner

1. Fawn Paul, 33, (Troy) Male 20-29
1. Russ Juliette, 28, (Livonia) 47:41 Emmin 20.29
1. Gina Leo, 28, (Birmingham) 47:42
Male 30-33
1. Bryan Alfonso, 38, (Glarkston) 36:55
5. Rob McCall, 34, (Beverly Hills) 47:43
6. John Sevec, 36, (Bloom, Twp.) 49:39

8. Dan Weberman, 38, (W.Bloom.) 57:26 Female 30-39 1. Joan Evans, 32, (Birmingham) 43:29

1. Jana Evans, 32, (Ilirmingham) 43:29
2. M. Cunnigham, 37, (Ro. Hills 45:45
3. Deann Smith, 30, (Troy) 54:15
Man Language 4, (Albangrape) 40:11
5. Faul Keller, 43, (Troy) 48:27
7. Marr Kalinawski, 42, (Troy) 48:27
6. Fete Noble, 44, (Troy) 55:03
6. Chuck Clift, 60, (Bingham) 57:33
10. Lee Santion, 48, (Troy) 69:16
Mage Scalin, 48, (Troy) 48:27
1. James Carlion, 55, (White Lake) 36:14
1. Dan Desey, 51, (Orden) 42:42
1. Dan Desey, 51, (Orden) 42:42
1. Dan Desey, 51, (Orden) 42:42
1. Dan Desey, 51, (Orden) 48:42
1. Dan Desey, 51, (Orden)

Dan Dewey, 51, (Orion) 42:42 Marvin Pellot, 51, (Rochester) 47:06 James Willhite, 52, (Bl. Hills) 49:03 6. Howard Friedman, 56, (F. Hills) 58:23 8. Bruce Correll, 54, (Southfield) 56:25 9. Jim Suhay, 54, (Birmingham) 58:40 10. L. Naumenko, 51, (Farm. Hills) 56:67

10. E. Panniero, 50-59

1. Mirella Panozzo, 54, (Bl. Hills) 50:46

2. Emlly Bologna, 50, (Birm.) 1:03:02 Male 60-99 1. Robert Littky, 63, (Farm. Hills)57:30

GREAT LAKES STATE GAMES REGIONAL STMILE RUN (May 3 in Clarkston)

Famale race results

1. Maureen Tippen, 41, (Cl'aston) 42:04

2. Kathleen Noble, 37, (Clarkston) 43:58

3. Tracey Cohen, 26, (Farm, Hills) 44:18 Lori Vohs, 42, (Warren) | Ryanno Dee, 20, (N. Baltimore) 46:46 | Claire Dedow, 37, (Clarkston) 46:50 | Holly Fons, 28, (Orion) 48:28 | Patricia Halpin, 39, (Clarkston) 49:07 Diane Hester, 43, (W. Bloom.) 53:10
 Susan Breneiser, 26, (R. Hills) 55:57
 Debra Twork, 36, (Oxford) 58:25
 N. Churchvara, 28, (Bev. Hills) 58:42

Male race results
1. Eric Green, 29, (Aub. Hills) Donald Richmond, 36, (O'ville) 33:18
 Brian Lindensmith, 16, (Roch.) 34:38
 M. Richardson, 20, (Oxford) 34:42 5. Todd Kelly, 37, (Troy) 34:44
6. Donald Kelly, 17, (Holly) 36:12
7. Seamus O'Connell, 34, (O'ville) 36:36
8. Ray Bramble, 21, (Lake Orlon) 36:56 9. John Leroy, 20, (Oxford)

13. Tom Fowler, 33, (Clarkston) 38:23 14. Tom Sutter, 39, (Lake Orion) 38:40 16. Tem DeVoa. 48. (Clarkaton) 38:45
17. Juan Berrones. 33.(Aub. Hills) 40:10
19. Mark. Sitko. 12. (Clarkaton) 40:33.9
21. Mario Fonce. 31. (Aub. Hills) 41:10
23. W. Zechmeister. 51. (Roch.) 42:53
25. Mark Dedow, 39. (Clarkaton) 43:26
25. Mark Dedow, 39. (Clarkaton) 43:26
26. Jim Holladge, 28. (Clarkaton) 43:26
28. Tem Jones, 34. (Clarkaton) 45:26
21. Richard Groffoky, 41. (W. Blur) 45:40
21. Richard Groffoky, 41. (W. Blur) 45:24
24. Jim Karner, 59. (Roch. Hills) 46:07
36. Bill Swift, 56. (W. Bloomfield 47:09
40. Dave Whitchend 42. (Clarkaton) 46:32 15. Tom DeVos, 48, (Clarkston) 43. Mark Guthrie, 34, (Clarkston) 49:29
44. Bill Kalmar, 55. (Lake Orion) 59:11 44. Bill Kalmar, 85, (Lake Orion) 80:11 45. Richard Parcells, 49, (Ro. Hills) 50:12 50. M. Stevenson, 63, (Roch. Hills) 52:43 56. C. Rudduck, 30, (W. Bloom.) 55:05 57, Jim Windon, 26, (Clarkston) 58:26

DRAGON DASH BK RUN (April 26 In Lake Orion)

Female race results
1. Donna Olson, 48,(Bloom, Hills) 35:33
 2. Holly Fons, 20, (Orion)
 36:54

 3. April Tasco, 35, (Orion)
 38:11

 4. Leandrea Boyer, 34, (L. Orion)
 40:23

 5: S. Schoenherr, 41, (N. Balt.)
 41:35
 36:54 38:11 5: S. Scheenherr, 41, (N. Balt.) 41:35 6: Kim Fratt, 43, (Lake Orion) 42:01 7, Dekj Sherman, 19, (Clarkston) 42:09 8, Mary Xilla, 40, (Doch Hill) 43:07 11. Pracey Elgd, 40, (Orion) 44:44 12. Lias Mette, 40, (Lake Orion) 45:59 16. Gall Lohr, 41, (Phoem Hills) 51:31 7. Elizabeth (Spb. 40, (L. Orion) 52:57 18. M. B. Boulchey, 33, (L. Orion) 52:57

18. M. Boukher, 33, (L. Orion) 52:57
Markives, ravids
1. Jason Cotter, 24, (Lake Orion) 26:29
2. Eric Green, 29, (Aub. Hills) 27:07
3. Todd Kelly, 36 27:03
4. Scott Turner, 22, (Harel Park) 29:13
5. Brian Lindensmith, 16, (Roch) 30:02
5. M. Richardson, 20, (Oxford) 30:23
7. Rich Guardiola, 43, (Bl. Hills) 30:48
5. R. Chardiola, 43, (Bl. Hills) 30:48
5. R. Chardiola, 43, (Bl. Hills) 30:48 8. Ray Bramble, 21, (Lake Orion) 30:58
10. Pete Minton, 16, (Lake Orion) 32:41
11. Greg Flynn, 37, (Orion) 33:25
12. Ed Cheeballs, 26 12. Ed Chenhalls, 36 13. Kevin Breen, 16, (Clarkston) 34.06 13. Revin Breen, 18, (Laraston) 34:05
14. Chris Walters, 18, (L. Orion) 34:25
16. Derek Hrzek, 14,(Lake Orion) 34:50
17. Tom Arnold, 38, (Lake Orion) 34:51 18. Toby Herman, 15, (Lake Orion) 34:55 18. Toby Herman, 15.Llake Orion)34:55
19. Dan Dewey, 51, (Orion) 34:56
20. John Dickson, 45, (Clarkston) 35:08
23. Joseph Kalins, 67, (Orion) 36:39
25. James E. Hess, 50, 1L. Orion) 37:09
25. James E. Hess, 50, 1L. Orion) 37:09
27. Mike Renda, 16, (Clarkston) 38:05
27. Mike Renda, 16, (Clarkston) 38:05
28. Adam Mugher, 17, 1L. Orion) 38:46
30. William Waltern, 48, L. Orion) 38:46 Ed Funk, 60, (Troy)
Patrick Roche, 57, (Troy)
Gordon Bird, 46, (Orion) Mike Neff, 35, (Lake Orio) 37. Howard Warren, 52,(W. Blm.) 44:27
38. Bill Kalmar, 65, (Lake Orion) 44:29
39. Brian Hunt, 44, (Lake Orion) 44:43
41. Philip Jones, 32, (Lake Orion) 46:19

Levick from page D5

that you fully agree to and participate in. If you don't want to be hypnotized then you won't.

The next question often asked is how can a hypnotist make a person act like a chicken for something else') on stage. The first thing the stage hypnotis does is to select willing participants. Once several are selected, he identifies the most suggestible by, for example, movement of eyes and other related physiological responses. At this point, he has a pool of suggestible participants willing to "go along with the show."

These people will comply if the requests are harmless. If the hypnotist suggested an unlawful or immoral act, the person would reject the suggestion.

As a clinican, I have effectively used hypnosis for many years. Strees-related disorders, phobias, pain management, athletic performance and smoking resear.

ly used hypnosis for many years. Strees-related disorders, phobias, pain management, athletic performance and smoking cessation are a few areas where hypnosis can be effective. Hypnosis is not magical, devil worshipping or mind control. It's been successfully utilized/in the medical community sincé the days of Sigmund Freud.

Although hypnosis has proved beneficial in several areas, it

doesn't work in others. Weight loss, alcoholism and other addictive disorders have a dismal success rate. Despite marketing claims, these conditions do not respond well to hypnotherapy. Of all the addictive disorders, smoking cessation has the highest success rate, which is approximately 35 percent. Using multiple tools in combination, such as hypnosis. the patch.

approximately 30 percent. Osing multiple tools in combination, such as hypnosis, the patch, gun, etc., increases the rate of success for those who want to quit smoking.

Are there dangers in being hypnotized Generally speaking, no. All of us have experienced a trance-like state before – staring into the fish aquarium, the fireplace, the occan, etc. This heightened state of awareness and relaxation is a comfortable and pleasant condition. The potential danger comes from whea doing the hypnotizing.

There are no laws or licensing bearing governing the use of hypnosis, therefore anyone can

There are no more or more about a possible and a powering the use of hypnesis, therefore anyone can learn and use it. If a person who suffers from a fairly severe mental disorder finds his or hor way to a hypnotist that is not properly trained, it could be a recipe for mental disaster.

Before you spend your hard-

carned money, keep in mind that hypnosis is effective with smoking cessation, pain control, concentration, stress reduction, anxiety, phobias, and athletic performance. It's not effective with weight loss, substance abuse, and eating disorders. The following should also be considered:

The hypnotherapist should be a properly trained professional (M.D., D.O., Ph.D., D.D.S.,

etc.)

One-on-one sessions produce
better results than group ses-

better results nam group sessions.

Be aware of exaggerated claims.

Hypnesis can serve as an effective tool when properly used. It can help us learn to use our mental skills and potential to achieve a particular goal. Now that I captured your attention, you can return to your normal state of awareness and have a relaxing and enjoyable Sunday.

(Dr. Keith Levick is a health Or. Keith Levich is a health psychologist and the director of The Center for Childhood Weight Management in Farmington Hills. You can reach him at 248-661-6825 or send him an e-mail at Klevick@aol.com.)

Mark from page D5

Many mothers spend most of their time chauffeuring their kids around from school to soc-cer practice to music lessons, etc. core practice to music lessons, etc. They sat meals on the run of drive through a fast-food restaurant and order a burger and fries for dinner. Again, they are not doing justice to their bodies by filling it with greasy foods while putting other people's needs first. I am not suggesting you park your car in the garage and tell your kids to fend for themselves. I am only asying that you can and should take or your needs and fuel your body with nutritious foods.

If you keep fresh fruits and

tious foods.

If you keep fresh fruits and vegetables on hand, grabbing those as snacks when you're on the go is quicker, easier and more nutritious than a fast-food

Eat a light, healthy meal when you're able to sit down and enjoy it, even if it's a little later than your normal mealtime. This way

you can pay attention to what and how much you are eating, rather than Just satisfying your hunger with the first burger place you pass.

Plan meals in advance of a hectic week. That way you'll be less apt to eat something fattening while on the move. And make a healthy lunch for yourself when you're packing junches for the kids, so you can bring it to work or simply store it in the refrigerator when the noon hour approaches. Having healthy (prepared or planned) meals really helps to keep control over your food intake.

As a mother who has been down the weight-loss road many times, I know how important it is to one's well-being to look and feel your best. That's why I know that making time for yourself is vital to the health and happiness of you and your family.

A healthy, happy mother is

of you and your family.

A healthy, happy mother is likely to rub off on her family. If likely to rub off on her family. If you a lead healthy lifestyle,

you'll have more energy for your children and they're bound to feel better about you as a result. So, moms, pamper yourselves today, Just don't forget about yourselves for the rest of the year. Mothers need to be healthy because we have the most important, demanding, fulfilling job in the world!

the world!

I read every one of your letters and I love your comments!
Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to: Talk to the Mirror, Weight Watchers Corporate Communications, P.O. Box 9072, Parmington Hills, MI 48334-2974.

2974.
Call 1-888-3FLORINE for more information on Weight Watchers.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Founda-