

Many bowlers have need for pain relief

Brother Rice swimmers defeat Catholic Central

Bowlers can hurt, too, just like anyone else.

Some of the most common ailments occur in the wrist, elbow, shoulder and knee.

There is considerable strain put on the system that come from the act of throwing a ball with a weight of nearly 16 pounds.

The weight of the ball in addition to about 20 throws in a three-game series amounts to about 100 pounds of strain over two hours of play. The stress can cause soreness, discomfort and pain.

If you develop a condition, ask your medical care practitioner about it first.

For less severe conditions, a home remedy may be enough. A good chiropractor can be of great help, or even a simple home remedy like Cod Liver Oil can be very effective against the pain of arthritis.

There are also several very good therapy devices available.

The use of an Ace-type bandage is discouraged by experts as they may do more harm than good. Most area pro shops carry Band-It for elbow treatment and Kneel-It for knees, both of which have been proven effective to bowlers and other athletes.

Developed as a treatment mainly for Carpal Tunnel Syndrome by Dr. Donald Furey of Santa Barbara, Calif., the Band-It does not impair circulation and keeps on working to improve and eliminate tennis elbow, tendinitis and other problems.

This product also helped Aleta Sill extend her illustrious career by a few years. The use of magnet therapy can also be quite useful in easing some of the pain.

All-star bowler Nunzio Marino recommends using Mag Boys, which are used like insoles and can also be highly effective in the fight against

foot and leg pain.

Another option is to be found in health food stores such as Zerbo's on Plymouth Road in Livonia.

There you will find many herbal and natural supplements and additives to build healthier and stronger muscles, which will benefit the bowlers in more ways than just pain control, according to Clark Adams, spokesperson for Zerbo's.

One of her favorites is Wobenzym, a German formula of the highest quality with a combination of Pancreatic and Bromelain, a fruit enzyme.

Inflammation, by Design for Health is a combination of food enzymes, Quercetin, Bladaveneinoids, Tumeric Extract, cayenne and ginger extracts.

■ Juice, a Tahitian fruit drink, features naturally-occurring, anti-inflammatory enzymes, while Omega-3 is a combination of fish oils and flax oils for about six capsules a day.

And, finally, MSM is a sulfur that helps many with cartilage and connective-tissue inflammation.

Arnica, a homeopathic taken internally or rubbed on as a cream or gel, really makes the hair grow fast and nails grow strong.

A Chinese recipe of over 100 herbs called Herbal Pain Buster is excellent for sore muscles and deep pain, and IR Patch-Far Infrared Technology Patch is a ceramic powder mixed with gel on a patch for joint and muscle relief.

Penetran-Plus enhanced with MSM, a topical lotion, is a powerful penetrating pain relief lotion, while another is Joint Nutrition by Zerbo's.

Many of these have proven effective in pain relief, including many of the maladies that seem to plague some bowlers.

Perhaps, without the pain, they would no longer have a valid excuse for missing up on the lanes.

For more information, call Clara or any staff member at (734) 427-3144.

■ Popular WNIC disc Jockey Chris Edmonds will be bowling

for Braille Books at Seedlings 16th Annual Bowl-A-Thon, starting at 2:30 p.m. Sunday, March 16, at Cloverlanes in Livonia.

Seedlings Braille Books for children of Livonia is just one of the many charities that Chris supports.

This is a non-profit organization dedicated to increasing the opportunity for Braille literacy by providing high-quality, low-cost Braille books for blind children.

Each \$10 earned at this bowl-a-thon will create one more book.

Last year, bowlers raised over \$25,000 in this event to provide blind children access to popular children's books in Braille and give them the gift of literacy.

Come in and bowl with Edmonds (9-pin, no-tap) and help put Braille books into the hands of blind children.

There will be plenty of great door prizes for all, as well as trophies for high game/high series and other prizes for those who raise the most pledges.

Even if you do not participate, you are welcome to stop by Cloverlanes with a pledge or donation.

Help Seedlings reach its goal of 20,000 books. Call 800-777-8552 to register and reserve a spot at the event.

The \$6 registration fee includes three 9-pin, no-tap games. Bowlers are requested to bring in at least \$30 in pledges. For more information, call Susan Bresler at (734) 427-8552.

■ The Eighth Annual Senior Youth Challenge is now history, and what a day it was for both the kids and oldsters alike.

Eight of the youth bowlers

divided the spoils, which consisted of \$6,000 in scholarship money.

These funds are held in escrow by the Smart Fund, administered by the National headquarters in Greendale, Wis.

Winners in Singles included 16-year-old Richard Cochran, who carried a 182 average. His games of 231-233-235 totaled

794 with his 75-pin handicap.

Cochran earned the top singles prize of \$1,000 in scholarship.

Second place went to Redford's Sydne Davis with an average of 83. He bowled games of 115-133-131/381 with a 342-pin handicap added, good for \$500 in scholarship money.

Third place went to 11-year-old Jake Putrak of Plymouth, who rolled games of 144-178-136 with a 264-pin handicap gave him a total of 722 and a \$500 scholarship award.

Chris Ehrenberg, 16, sporting a 195 average, broke the event open with an almost perfect game, a 297, actual, followed by a 192 and 167 for a total of 605 with his 39-pin handicap, earning another \$500 scholarship. His 297 was the highest actual game of the event.

In doubles competition, Redford's Cameron Mitchell, 12, and senior bowler Bob Wilson took first with a total of 1,432, capturing a \$1,000 scholarship.

Second-place money (\$500) was won by Steve Cunningham, 13, of Redford, who was aided by senior bowler Ted Mack with a combined net of 1,432 pins.

Kevin McClenile, 14, of Oak Park, teamed up with grandfather Harper McClenile for a total of 1,349, good for third place and a \$500 scholarship.

Len Lightner of Redford was paired with senior Mike Kryw, 15. The pair totaled 1,347 good for fourth place and another \$500 scholarship. In addition to the scholarship awards, all players received a souvenir printed towel, pizza and pop, and over 140 door prizes, which meant that just about everyone who bowled came away with something of value.

Al Harrison is a resident of Livonia and a director with the Greater Detroit Bowling Association. He can be reached at (248) 477-1839.

BOLING HONOR ROLL
COUNTRY LAKES (Farmington Hills)
Friday, Women's Forum League: Pam Morgan, 300.

WONDERLAND LAKES (Novi)

Wonderland Classic (d. Doubt, 291/294)

Royal Handicap Mixed: Pam Nelson, 299.

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