

Many bowlers have need for pain relief

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 comes from the act of throwing a ball with a weight of nearly 16 pounds.

The weight of the ball in addition to about 50 throws in a three-game series amounts to about a half-ton of dead weight over about 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 band is discouraged by experts as they may do more harm than good. Most area pro shops carry Band-It for elbow treatment and Knead-It for knees, both of which have been proven beneficial to bowlers and other athletes.

Developed as a treatment mainly for Carpal Tunnel Syndrome by Dr. Donald Fareed 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 Zerbos 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 Clara Adams, spokesperson for Zerbos.

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 Designs for Health is a combination of food enzymes, Quercetin A, Flavonoids, Tumeric Extract, ginger seed and ginger extracts.

Noni 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.

Penetrant-Plus enhanced with MSM, a topical lotion, is a powerful penetrating pain relief lotion, while another is Joint Nutrition by Zerbos.

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 messing up on the lanes.

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

■ Popular WNNC 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-top) 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-top 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 \$5,000 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. Coach and Bowler of the Year, Edmonds, won the top singles prize of \$1,000 in scholarship.

Second place went to Redford's Sydney Davis with an average of 83. He bowled games of 115-133-133/381 with a 745-pin handicap, earning another \$500 scholarship.

Third place went to 11-year old Jake Potruski of Plymouth, who rolled games of 144-178-136 with a 254-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 656 with his 26-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 a combined net of 1,432 pins.

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

Len Lightner of Redford was paired with senior Mike Kaye. 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.

BOWLING HONOR ROLL
COUNTRY Lanes (Livonia) 1820
Friday Women's Forum League: Pam Morgan, 300

WONDERLAND Lanes (Livonia)
Wonderland Classic: Ed Dutek, 299/304
Royal Handicap Mixed: Phil Watson, 299

Brother Rice swimmers defeat Catholic Central

Birmingham Brother Rice showed Redford-Detroit Catholic Central why it might be the best swim team in the state as the Warriors thumped CC Tuesday, 122-70.

"They are that strong and deep," CC coach Jeff Baker said.

"They've got so many weapons that their kids can swim off-events and still dominate us."

"They're strong and, right now, our goals are improvement. We had 14 lifetime bests in this meet. We're swimming

well, just not as competitive as we'd like to be."

CC did go one-two in diving with Joe Rohde (193.65) and Nick Reilly (180.9).

Rob Cyrek won the 100 butterfly (55.10) and was second in the 200 individual medley (2:02.16).

Andrew Carlin was second in the 100 freestyle (51.11), and the team was runner-up in the 200 freestyle relay.

CC fell to 1-6 overall and 1-2 in the Catholic League, while Rice stayed unbeaten in the league.

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SPORTS BRIEFS

ROCKETS GRID SIGNUP

Registration for the Farmington Rockets football program (players and cheerleaders) will be Saturday, March 8, at the William Costick Center on 11 Mile Road east of Middlebelt.

Returning players and cheerleaders can register 10 a.m. to noon. Open enrollment will take place between noon and 2 p.m.

Birth certificates and proof of health insurance must be provided at the time of registration. The fee is \$200. Checks should be payable to the Farmington Rockets.

YOUTH SOCCER TRAINING

Waza FC developmental soccer training for boys and girls ages 4-8 will be 6-7 p.m. Thursdays through March 20 in Livonia. The cost is \$125. For more information, call Colleen Debolaki at (248) 477-1252.

SOFTBALL/BASEBALL LESSONS

■ Total Baseball, 30990 Wilson Road, Wilson, is helping kids 6-16 improve their game with private lessons starting at \$35 per half-hour, or five private lessons for \$160.

Instruction will be led by Von Joshua, the Toronto Blue Jays hitting coach, the Oakland University softball coaching staff, Big Ten/MAC All-Conference softball/baseball players and former professional players. Individuals will receive instruction through a series of pitching, hitting and fielding drills.

For more information, call (248) 668-0166.

■ The Bernie Carbo Premier Baseball School will stage individual and small-group winter skills sessions in velocity improvement, power hitting and field from minor league player Mark Rutherford.

Video analysis and scouting reports are available.

For more information, call Gordie Rutherford at (734) 421-4928 or (734) 525-3730.

BEST BUY SCHOLARSHIPS

REWARDING STUDENT VOLUNTEERS

Best Buy Children's Foundation will award \$2,000,000 in higher education scholarships this year. Scholarship recipients will be selected based on community service and academic achievement. Visit your local Best Buy store or www.bestbuy.cfo.org to obtain an application.

If they're going places, Best Buy should be their first stop.



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