

### chris walden

more wongering microering would remain in tack from one day to the next.

The softhall season has ground to a halt; my uniform is retired; my mitt, (finally broken in, now lies dormant in the hall closet and my body is returning to normal.

Frankly I was never nuts about baseball in any form. Though spent many youthful hours playing the game with neighborhood kids, it was never a sport I wanted to pursue. That I agreed to play was a surprise to me, but I figure it would be good exercise and better than a summer of doing nothing.

Well, it's finally over. No more explaining the bruises on my arms and legs or attempting to cover the red lace marks on my knee caps with make-up. And absolutely, no more wondering whether my teth would remain in tack from one day to the next.

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Little did I know.

While women's slowpitch softball isn't exactly a rough and was do shable gum.

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washable.

Toward the end bandages be-ame part of the uniform, usually wrapped around the thigh.

Other teammates complained of Other teammates complained of nervous stomachs, sore thumbs, blisters, bruises and scrapes. It was the first time I was happy to be left out, my only complaint being a sore derriere and a raspy, hoarse voice.

Actually the injuries were only a small part of the season and most of the time it was great fun, even as a spectator and even when we

lost.

But I figure if I play next year
they haven't asked me back yet), I
will either invest in some rubber
padding or get a chest guard, face
guard and leg guard and settle
down to play some real ball.



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# The first time out I followed instructions to a tee. Back leg bent, front leg straight (or was it the other way around) arms poised, eyes on the ball, when they yelled swing? I did. It wasn't until three swings later that I realized the opposing team was doing the yelling. All of the above were reason enough to place me firmly on the bench. From there I cheered my team onto the championship and watched amazed as my teammates obtained one injury after another. One woman walked away with a Problems workshop planned

A two-day workshop called "Problems of Daily Living" will be held Saturday and Sunday in the Southfield Center of Wayne State University's College of Lifelong

Soutined center of wayne start University's College of Lifelong Learning.

The workshop is designed by Jane Raitt, program coordinator of the college's Women's Studies Program, and is open to women only. Marlene Miller of the Wom-en's Studies staff is instructor.

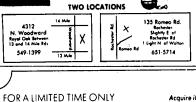
"If you want to become a more effective, decisive person, this is the workshop for you, 'said Ms. Miller who will focus on interac-tion, communications and decision making in the class sessions.

"Through class exercises, movies and small group interaction, parti-cipants will be able to improve their communication skills, as well as increase their problem-solving ability," she said.

Topics such as active listening, ego-speak, body language and priority setting will also be ex-plored.

The college is located at 25610.

plored.
The college is located at 25610
W. Eleven Mile. Workshop hours
are from 10 a.m.4 p.m. each day.
The workshop is non-credit.
Registrations may be made by
calling the center or in person.



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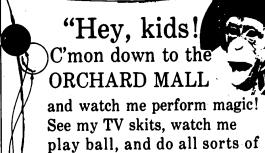
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