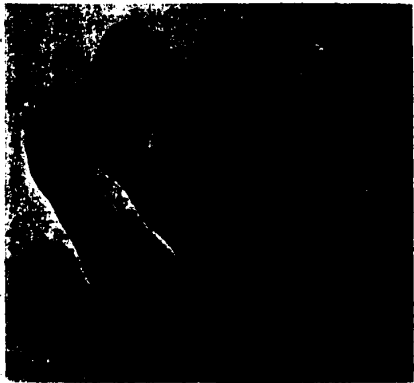


Southfield woman writes book on favorite sport

By CORINNE ABATT

There's an aura of glowing good health about Joyce Weckstein. She is still wearing her red and black jogging suit when she answers the door about mid-morning on a December day. She has already been out to do her mile before settling down to talk about her favorite sport, racquetball, and her new book on the subject.



A racquetball player gets in some practice.

least was, before she married and began a family. She describes, on the opening page of her book, "Racquetball for Women," how she found the sport. The 80 page, soft-cover edition includes pictures, rules, and an explanation of the game and techniques of play. It will soon be on sale at local bookstores for \$2.99.

It was after the birth of her third child, Sander, now 13, that she began looking for an exercise "that could give me maximum benefit and enjoyment and not take too much time from my other demands of daily life." At first paddle-ball was an answer, but later she changed to racquetball.

because "it was a faster game and easier on the arms." RACQUETBALL is played on a 28x40 foot walled court with a racquet that looks like a short-handled tennis racket. Actually, it is smaller. The maximum playing surface is 11x9 inches. The handle must not exceed seven inches in length.

This, plus an official ball, a pair of gym shoes, a gym outfit, a court and plenty of energy, are all it takes. Mrs. Weckstein teaches racquetball every Monday morning. She also helped organize a similar program at the Birmingham YMCA. While not on the Y staff this year, she may get involved again in the future.

"Although I'd love to, I can't spend all of my time playing racquetball." She does manage to play for her own enjoyment several times a week and jogs a mile or more on the days she isn't on the court.

"Although I hate it, jogging does build good muscles," she says. Being a former physical education teacher, she is careful to caution those who think jogging is little more than ripping out for a mile or two before breakfast to take it easy at first.

"Jogging was a tremendous undertaking for me until I reached my mile. When you start jogging, you should begin gradually, a quarter of a mile and maybe after a week, a half mile."

In both conversation and in the book, Mrs. Weckstein advocates warm-up exercises before going on the court. These may be anything from simple jumping jacks and sit-

ups with knees bent to rope jumping and running in place. She also suggests a medical check-up before involvement in vigorous activities.

One of the most satisfying things about her teaching is the response from the players themselves. "They are coming in from everywhere to take lessons. I teach all levels from beginners to very advanced," she says.

She comments smiling, "I must say, I'm a good teacher because I



love the sport so much." Because the popularity of the sport has grown so, Mrs. Weckstein says many tennis clubs are adding racquetball courts. There are also regional and national tournaments for men and women.

"I don't play tournaments except at the center. To be a tournament player, you have to push and be aggressive. I was asked to fill in on a men's tournament team, but I really feel better playing for myself."

The timing on the publication of Mrs. Weckstein's book looks like a perfect shot. The Library of Congress notified the printer, Lincoln Press of Royal Oak, that the book would have a catalogue card in the library, indicating it is the only one of its kind.

Mrs. Weckstein's enthusiasm for sports has carried over to her family. She and her husband, Marvin, a psy-

chiatrist, and the children, Naomi, Louis and Sander, all love to ski. Naomi, a high school junior, is captain of the Ping-Pong team. Louis, a medical student, plays volleyball and Ping-Pong, and Sander, likes Ping-Pong and basketball. Both sons are performing magicians and until she tired of it, Naomi took part in the magic shows.

She returns to her favorite conversational topic. "There's no age limit for playing racquetball. It really depends on what condition you're in physically."

The physical benefits are obvious—better muscle tone and, over the long haul, improved stamina. There is another benefit which Mrs. Weckstein considers equally, if not more, important—that feeling of well-being and satisfaction which comes from total involvement in a challenging sport.

OU awards 12 scholarships

Oakland University has awarded 12 athletic scholarships to entering freshmen ranging from \$500 to \$2150. The awards were presented to five soccer, five swimming and two basketball students on a renewable basis. Selection of the student athletes were announced by Jerry Rose and Corey Van Fleet, director of admissions and athletic director, respectively.

The soccer scholarship recipients were Robert Becker of Austin High, Rolf Becker of Warren Cousino and William Kane, Ronald Kasper and Bryn Aulston, all from Utica Eisenhower.

Receiving swimming scholarships were Susan Vanderbeek of Birmingham Groves, Stephen Jones and Shannon O'Connell of Edsel Ford and Jordan Hatch and Mark Holcomb of North Farmington.

Timothy Kramer and Wayne Long of Grosse Pointe South and Henry Ford high schools received basketball scholarships for coach Gene Boldon's team.

Sports coming up

- Basketball**
Tuesday (Jan. 6) Oak Park High at Southfield-Lathrup, 19391 12 Mile, 8 p.m.
Tuesday (Jan. 6) Highland Park at Farmington Harrison, 28885 12 Mile, 8 p.m.
Tuesday (Jan. 6) Northville High at Farmington High, 32000 Shawansee, 8 p.m.
- LIVONIA BUILDING MATERIALS Basement Special**
4x7 3/4" DRYWALL \$1.65 Cash & Carry
WHILE SUPPLIES LAST
Mon-Fri 8-5 Sat 8-12
12770 Farmington Rd. S. of Schoolcraft Rd.
937-0478 421-1170
- Swimming**
Tuesday (Jan. 6) Southfield High at Livonia Churchill, 8900 Newburgh, 8 p.m.
Tuesday (Jan. 6) Madison Heights Lamphere at Southfield High, 10 Mile and Lathrup, 7:30 p.m.
Tuesday (Jan. 6) Dearborn High at Farmington Harrison, 28885 12 Mile, 7:30 p.m.
- Wednesday (Jan. 6) North Farmington at Birmingham Seaholm, 2638 W. Lincoln, 7:30 p.m. Boys' Gymnastics**
Wednesday (Jan. 7) Taylor Kennedy at North Farmington, 2288 13 Mile, 7:30 p.m.
Wednesday (Jan. 7) Farmington High at Trenton High, 3801 Charlton, 7:30 p.m.
Wednesday (Jan. 6) Farmington Harrison at Taylor Kennedy, 12080 Pine Street, 7:30 p.m.
- Wrestling**
Wednesday (Jan. 7) Utica Eisenhower at Southfield-Lathrup, 19391 12 Mile, 8:30 p.m.
- Hockey**
Wednesday (Jan. 7) Southfield High at Livonia Churchill, Ford Ice Arena, Farmington and Lyndon roads, 8 p.m.

Goal getter

Todd Merritt, a junior forward from Detroit Country Day School, is a member of Ferris State College's first intercollegiate hockey team this season.

Merritt netted one goal and an assist in Ferris' first game before being sidelined by an injury for the school's last four contests. The Bulldogs, under coach Rick Duffett, are 3-2 this season.

Merritt captained Ferris' club hockey team last season and helped the team compile a 21-9 record. He is an alternate captain this season. While at Country Day, Merritt earned four varsity letters in hockey and two in lacrosse.

Learn to skate

The Farmington Area Recreation Commission will sponsor ice skating lessons for all ages beginning the week of Jan. 5. The lessons will be given at the Beechwood Arena in Southfield.

Registrations are being taken on a first-come, first-served basis at the Recreation Commission office, 31555 Eleven Mile Road. Additional information may be obtained by calling the Recreation Commission.

Mrs. Weckstein jogs a mile or more on the days when she isn't on the racquetball court. "Although I hate it, jogging does build good muscles," she said.



Aggressive Huskie

Wendy Wagner of Southfield is one of the starting six members of Michigan Tech University's women's volleyball team. Wagner, a junior, is probably the "strongest and most aggressive player on the team," according to coach Cheryl DePuydt. Wagner helped the Huskies compile an 8-9 overall record this season.

RACKETS STRUNG WHILE YOU WAIT
Advice on your game - personal service on name-brand tennis equipment and fashionable attire. Bring your racket in tomorrow!
180 Brown, Birmingham • Free Parking • 842-7711 Open Thurs. & Fri. 7-9

The Observer & Eccentric SPORTS

Monday, January 5, 1976 (F) 5A

DON'T WASTE MONEY
LET OUR EXPERTS CHECK OUT YOUR HEATING SYSTEM TODAY
G&A Heating
• SALES • SERVICE • PARTS
• REPAIRS AND CLEANING • ALL MAKES AND MODELS
• GAS AND OIL • HOT WATER AND STEAM
• RESIDENTIAL • COMMERCIAL
• POWER HUMIDIFIERS • MAKE-UP AIR
• ELECTRONIC AIR CLEANERS
OVER 25 YEARS EXPERIENCE SERVING DETROIT & SUBURBS
EMERGENCY SERVICE
7 DAYS A WEEK 24 HOURS A DAY
CITY OF DETROIT LICENSE #42920
CALL 842-6400

WHEN YOU THINK OF WINTER SPORTS AND OPEN ROAD FUN — THINK OF
Pierre's Outpost
Arctic Cat Sales & Service
JAG '76.
If you can't decide between a hot performer and a comfy cruiser decide on Jag '76 3,000. This Cat's got it all!
SAVE A COOL \$200 NOW ON THIS SPECIAL FACTORY PROMOTION
WE NEED USED SNOWMOBILES, ANY MAKE. GET OUR CASH BID.
WE'VE GOT ARCTICWEAR
SNOWMOBILE BOOTS VALUES TO \$14.95 CHILDRENS, WOMENS, MENS UP TO SIZE 13 NOW \$9.95
BOOTS FOR THE SMALL FRY \$6.88
MENS & WOMENS 1-PIECE SNOWMOBILE SUIT AS LOW AS \$34.95
SAFETY HELMETS FROM \$15.95
AMPLE SUPPLY OF WARM GLOVES, ARCTIC DESIGN SWEATERS, TWO PIECE SNOWMOBILE SUITS AND GOGGLES
AND WHEN YOU THINK OF HOME IMPROVEMENT THINK OF...
Salem Lumber
WHY? BECAUSE BOTH ARE WAITING FOR YOU UNDER ONE BIG EXCITING ROOF AT...
30630 PLYMOUTH RD. — 3 Blocks West of Middlebelt LIVONIA GA 2-1000

A NEW KITCHEN OF LASTING BEAUTY
Select from a variety of colors and finishes
HAAS QUALITY CABINETS
• Luxury • Economy • Styled Right
SAVE UP TO 30%
REDFORD CASHWAY LUMBER
ROYAL OAK 848-9102
LIVONIA 848-9102
1975 Farmington Rd. S. of Schoolcraft Rd.
17400 E. 17th Ave. (at 17th & E. 17th)
FARMINGTON 848-9102
30630 Plymouth Rd. (3 blocks W. of Middlebelt)
LIVONIA 2-1000