



bowling
Red Poulin

Just like cagers bowlers rebound

Bowling is a lot like basketball; sometimes you have to hope for a rebound.

Take Jo Ann Schlott, who bowls at Farmington's Bel Aire Lanes, for instance.

Schlott started out slowly, hitting only 66 pins by the fourth frame. She then rebounded by stringing seven strikes and a six count for a 242 in the Wednesday-morning Early Bird League. The four-member team put together a 729 game.

In that same league, Team 5 really was scoring. It assembled a 744 game for a 2,031 team series. Jan Murphy, with a 219 game, and Judy Gabriel, with a 203, added to the good score.

Karen Brouchman, with a 223, and Gayle Prieskorn, with a 209, logged other good scores in that league.

24 Min made a big rebound in the Thursday Classic League. Starting out with a 156, he quickly pulled his game together and shot games of 278 and 241 for a fine 676 series.

But it was Paul Bittner who was on top of things. He rolled games of 232, 19 and 278 for a 701 series.

Rock Stoneburrer was close behind Bittner with games of 211, 235 and 241 for a 692. Tony Stipeak stayed in it with a 241, 224 and 212 for a 677.

AT ROCHESTER'S North Hill Lanes, Doug Spicer made quite a rebound in the Bill Fox-North Hill Classic League. The 216-average bowler started out a little low with a 214, but sprang right back with a 258 and 248 for a 714.

Have Eldon shot games of 244, 232 and 224 for an even 700. Tom Marszal-kowski had the high game of 276 for a 663. Bill Johns rolled a 238 for a 687, and Tom Highley shot a 245 in a 665 series.

In the Club 55 League, "Brownie" Brown posted the high series for that league of 666 actual. He combined scores of 227, 225 and 214 for the highest score in the league's history.

Bill Crabtree also got hot with a 256 game.

AT SOUTHFIELD'S Plum Hollow Lanes, Dell Thomas, who averages 137 rolled a 195. And, Ruth Wiljanen, who averages 117, rolled a 163.

If the youth leagues, 16-year-old Don Beger belted out a 174, 231 and 209 for a 614 series.

Really, the results from the March open Mid-Western Women's Tournament are in. In the step-ladder finals in Madison Heights, fourth-seeded Shirley Carl defeated fifth-seeded Sue Hyvonen, 213-192. But, Carie lost to third-seeded Shirley Watkins, 202-122.

Ora Fiebig won the match against Watkins, 215-199. Fiebig went on to win the title by defeating top-seeded Lori Raveane, 233-163.

If match-play rounds Raveane rolled great games of 213, 202, 248, 240 and 226.

Nancy Snyder (247, 209), Jean Sietoff (222), Mary Kay Seibel (232, 206), Carl McLaughlin (224) and Diane Monroe (225) scored other good games during other qualifying rounds.

The April Mid-Western Tournament will be at Thunderbowl Lanes in Allen Park, April 11 and 12.

Athens hosts gym regional

The best high-school gymnasts in the area will converge at Troy Athens High School Saturday for Class A regional competition.

North Farmington, the defending Class A state champion, will be on hand, along with powerful teams from Troy and Birmingham Seaholm.

Competition is scheduled to get underway at 10 a.m. Athens High School is located on John R., just north of Wat-

learn french by the Alliance Francaise method exclusively taught at the French Institute of Detroit register now call 292-2750

500 FREE CUPS OF MAXWELL HOUSE COFFEE FOR YOUR OFFICE!

We'll treat you to a free case (500 cups) of MAXWELL HOUSE coffee and free use of a commercial brewer if your office has 10 employees or more. Just to prove how easy coffee breaks can be.

What's the catch? None. If you decide to keep the service, all you pay for is the coffee you drink.

COFFEE SERVICE is a bargain. Here's why: Tax-Deductible. It's a legitimate business expense.

Office coffee at around 9¢ a cup is the least expensive of all employee fringer benefits.

Productivity. Coffee at the desk means a coffee break without a time break - and it's a great morale booster. Great Coffee. MAXWELL HOUSE coffee made with a BUNN brewer is an unbeatable coffee treat. Wait till you taste that "Good to the last drop" flavor. Call us today and we'll start your office on a new, more enjoyable coffee experience.

JUST CALL 585-0403

MICHIGAN COFFEE SERVICE
1271
TROY, MI 48064

COFFEE, FOODS CORPORATION (MI)
MAXWELL HOUSE is a registered trademark of General Foods Corporation

RED TIMBERS
Grand River West of Hagerly Hwy
478-7154

Kadry's says their "SALE PRICES ARE MARKED DOWN TOO CLOSE FOR COMFORT" While they rest, you can buy suits, sport-coats and slacks from 50% to 75% OFF LIMITED TIME ONLY NAME BRANDS **KADRY'S GENTLEMEN'S APPAREL** 4254 N. Woodward (at 13 1/2 Miles) Royal Oak 546-7151

If the jogging shoe fits, wear it



jogging
Dr. Charles R. Young

In previous columns, I have discussed the essential qualities of a good running shoe, various shoe modifications beneficial to the runner, and various abnormal shoe patterns. The purpose of this discussion is to briefly present several of the more frequent signs of a well-fitted shoe, which can be checked by the runner.

Let me preface this discussion by stating there is no substitute for a good, reliable shoe consultant or shoe retailer. These people can provide an invaluable service to the athlete as well as a significant addition to the approach of treating the athlete.

However, after all is said and done, the most important facet of the shoe is how it fits and feels. The best made shoe with the finest design and most expensive materials is worthless to the runner if it does not fit properly.

IN MY OPINION, there are four basic areas to consider in determining shoe fit. The truth is that these simple tests can be performed by the runner, and, in most cases, will prove quite successful in the final adaptation process.

The first of these areas of concern is

the heel counter, or rear portion of the shoe. The fit in this area should be firm and the portion extending onto the Achilles tendon should grip the heel and prevent it from riding upward and out of the shoe during the gait cycle. Taking a few steps with the shoe on and paying particular attention to the movement within the shoe quickly will identify a problem in this area.

The next area of concern is the toe box area which houses the end of the foot. It is essential that there be ample room in this spot for toes to move upward and forward at the moment the shoe grips the floor and the foot slides forward in the shoe. A sound recommendation is that there be at least a thumb nail distance of room between the end of the toes and the end of the shoe.

This easily can be tested while the person is standing in an upright position and palpating the end of the shoe while wiggling the toes. Too short of a shoe is an obvious culprit in producing numerous problems, but in addition, too much room at the end of the shoe can, in some ways, significantly alter the gait of the runner.

A THIRD AREA of concern is the approximate width of the shoe. It is essential that the width of the shoe in the metatarsal head area be sufficient to house the mid-portion of the foot. The first and fifth metatarsal head areas generally are used to identify this measurement. Again, while standing in the shoes, palpation is used to identify an excess or shortage of space for room in this area.

It is quite frequent that we find runners wearing shoes which are fitted too narrow in this area, and, consequently, we see a frequent occurrence of first and fifth metatarsal head problems. A few short moments spent on selecting the right shoe which provides a more substantial fit will reduce or eliminate many of these problems.

A final area of concern in evaluating shoe fit is to note the effect of the internal arch padding. Various shoe manufacturers will utilize different thicknesses as well as different grades of rubber products in this area. While some are soft and flexible, others are more firm and thicker, supposedly for more supportive needs. In addition, these pads vary in location in relation to the foot itself.

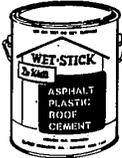
One has to seriously consider the actual feel of these pads beneath the longitudinal arch of the foot. Some can be quite uncomfortable and to consider accommodating to such a well-fitted pad is an unwise decision. Under no circumstances do I suggest the idea of "getting used to" the various buildup inadequacies of the shoe.

IT'S THE SAVING OF THE GREEN

ROOF CEMENT

THE LEAK STOPPER!
WET-STICK

\$3.99* GAL.
\$14.99* 5 GAL.



SUMP PUMP

- AUTOMATIC
- SUBMERSIBLE
- 1/4 H.P.

\$79.95
REG. \$93.85
TORONADO #5525A



DIKE

PERMANENTLY STOPS WATER FLOW THROUGH CONCRETE AND MASONRY -- AT ONCE!

\$6.69 GAL.
REG. \$7.75

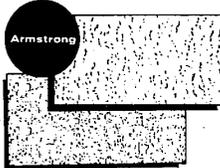


Dike hydraulic cement

CEILING

2'x4' TEXTURED
\$2.15 EA.
REG. \$2.59

2'x4' FAIRMONT
\$2.95 EA.
REG. \$4.95



STUDS

OUR BEST STUD GRADE

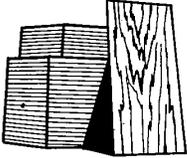
2x4-8'
\$1.19
REG. \$1.21



CDX

SHEATHING PLYWOOD

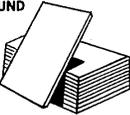
4x8-1/2"
\$6.99
REG. \$7.99



DRYWALL

4x8-3/8" **\$2.75***
4x8-1/2" **\$2.79***

JOINT COMPOUND
5-GAL. **\$8.29***
PRIMER
2-GAL. **\$10.85***



LUMBER

	8'	10'	12'	14'	16'	18'	20'
2x4	1.19	1.61	2.05	2.35	2.99	3.39	4.19
2x6	2.35	2.69	3.45	3.85	4.49	5.19	6.35
2x8	2.99	3.59	4.89	5.15	5.99	6.99	8.79
2x10	3.75	4.49	6.95	7.45	8.89	9.15	11.25
2x12	6.85	8.59	10.89	12.55	14.35	16.99	18.89

WHITE WOODS

	REG.	SALE
1x2	11' LIN.	10' LIN.
1x3	16' LIN.	15' LIN.
1x4	19' LIN.	17' LIN.
1x6	26' LIN.	23' LIN.
1x8	35' LIN.	29' LIN.
1x10	41' LIN.	39' LIN.
1x12	68' LIN.	59' LIN.

PINE CASHWAY LUMBER

Our low prices help you make it.

BRIGHTON
DETROIT
FENTON
LINCOLN PARK
MT CLEMENS
OWASSO
REDFORD
SOUTHFIELD
SOUTH LYON
UTICA
WATERFORD
YPSILANTI

525 Main St.
5311 E. Nevada
14375 Torrey Rd.
3255 Fort St.
55. Groesbeck
1215 E. Main St.
12222 Inkster Rd.
22800 W. 8 Mile
20801 Pontiac Trail
48075 Van Dyke
7374 Highland Rd.
629 N. Huron

227-1831
368-1808
629-3300
386-5177
469-2300
723-8911
931-9111
353-2570
437-4161
739-7463
646-7450
481-1500

OPEN: Mon. thru Thurs. 8 a.m. to 5 p.m. Friday 8 a.m. to 6 p.m. Saturday 8 a.m. to 4 p.m. Sunday 10 a.m. to 3 p.m.

PRICES GOOD THRU MARCH 10-16

Some items may not be available at all locations. All items Cash & Carry. Sale items marked with *