

# Doctor enjoys life on the run

By Judith Berne  
staff writer

Dr. Charles Young may be West Bloomfield's "Man For All Seasons." Young has served as team podiatrist to the Detroit Express soccer team. He is past president of the Southeast Division of the Michigan State Podiatry Association and teaches at two hospitals. He is a published author on a variety of topics. They range from scientific articles on his profession to sports-medicine topics such as the examina-

tion of an athlete, to "Winning Weekend Tennis," a paperback. He also writes a weekly jogging column, published in the Eccentric.

Young is an avid tennis, squash and racquetball player and was a collegiate swimmer.

He coaches a West Bloomfield youth soccer team.

"It's a terrific husband and daddy," according to his wife, Ava. "How he gets it in, I don't know. But he always has time for us."

TEACHING A creative writing

course offered through West Bloomfield Community Education is Young's latest endeavor.

The 7:30-9:30 p.m. Tuesday class began last week with 14 students. Course emphasis is getting published.

"A theory that has worked for me is you don't have to be a Hemingway to get published," Young says. He suggests researching and writing for a specific market.

"It's really a motivational course," he says, acknowledging he has never taken a writing class himself. He has

read extensively on writing and participated in a writers' workshop at which authors critiqued and encouraged each other.

"If you put a bunch of writers in a room, you've got motivation," he says.

YOUNG HAS a number of future projects in mind.

He is considering broadening his jogging column to include "Foot Tips" for daily living.

He is practicing and promoting a new minimal foot-surgery technique

that calls for finer incisions and less recovery time.

He plans to explore the role of competition for youngsters in terms of a future article or book.

"I have very mixed feelings about the worth of competition at young ages," he says, with an eye to his children, Brian, 7, and Stacey, 5. Competition is wonderful — for some kids."



Charles Young  
running specialist

## HHS girls run to victory

Laurie Runk won the 5,000-meter race in 21:06 to lead Farmington Harrison past Walled Lake Central in a Western Lakes Activities Association girls' cross country meet at Central.

Harrison's girls are 2-3 overall. Harrison's Kristin Dobb finished fourth with a time of 24:12, and teammate Marcy Nussbaum was 11th in 28:17.

In the boys' meet, Central's Scott Muir finished first in 17:30 to help beat Harrison, 22-33. The loss put Harrison at 2-4.

Mike Eaker of Harrison was second (17:38), Central's Jeff Madison took third (17:48), teammate Mike McDonald was fourth (18:09) and Har-

rison's Don Lacey followed (18:21).

Harrison, North Farmington and Farmington High will participate in the Redford Uno Invitational on Tuesday at Cass Benton Park near Northville. The girls' race begins at 3:30 p.m. On Thursday afternoon, Harrison runs Liventa Churchill at Cass Benton.

NORTH FARMINGTON'S Brian Hobart won the three-mile race with a time of 15:25 Thursday in the Raiders' 15-47 boys' cross country win over Liventa Franklin in the Northwest Suburban League. North is 4-2 overall.

North's Chris Walker, running his

first race of the season after suffering an injury, placed second in 17:33. North's Tom Walker, no relation, was third in 17:14. Teammates Ken Weine and Kirk Armstrong followed with respective times of 17:56 and 17:57.

FARMINGTON DROPPED to 0-5 after its 22-33 loss to Liventa Stevenson in a Western Lakes boys' cross-country meet.

Stevenson runners Ken Dubols and Steve Bagler finished first (15:46) and second (16:29), and Farmington's Lenzy Pileci took third (16:41). Stevenson's bob Milligan landed fourth (16:52), and Farmington's Brian Lawton took fifth (17:03).

## Lathrup downs Adams

Southfield-Lathrup moved into second place in the girls' basketball six-team Metro Suburban Activities Association with a 51-48 over Rochester Adams Thursday.

Lathrup came from behind to register the win, as Adams jumped out to a 20-8 lead after the first eight minutes.

"We dug and dug and dug," Lathrup coach Bob Harding said. "It wasn't because of a string of points or a streak, we just nibbled away and finally took the lead. It was a tremendous effort; a real tug of war. Both teams played well, we just kept coming on."

After the lopsided first quarter, Lathrup outscored the Highlanders in each of the last periods.

Colleen Betts led all scorers with 23 points, Sandy Niederman added 16 and Diana Brooks chipped in with 10. Eileen McClennan led Adams with 16

points and teammate Terri Esselink scored 12.

Lathrup, 7-3 overall and 3-1 in the league, hosts non-league rival North Farmington before traveling to Troy Thursday for a game with league-leading Athens. Adams, 5-4 overall and 2-2 in the league, hosts Waterford Mott Tuesday.

SOUTHFIELD CHRISTIAN upped its overall girls' basketball to 8-2 with

## Farmington golfers tumble

Plymouth Salem handed Farmington its first loss of the season Thursday at the par-35 Braeburn Golf Course.

Nunzio Marino of Salem led all golfers with a low-medalist round of 37, and David Said of Farmington was sec-

ond with a 39. Salem's Sean Kelly was next low scorer with a 40.

Farmington's Al Schack, and Salem's Mike Laffey and Mike Brown each shot 41.

Christian plays next on Tuesday at Inkster Huron Valley Lutheran. The game has a 7:30 p.m. start.

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