

exercising options Myrna

Partrich

Exercise may ease varicose vein look

Dear Myrna: I'm a middle-aged woman who runs six days a week, usually three miles a day. I have a varicose vein problem. I had surgery about 10 years ago and I'm starting to see a little veining again.

again. I really dislike the way my legs look — I am vain. There is no pain or discomfort when I run. I do love running — it keeps me sane. Can you give me advice? Will my veins get bad again?

You should really be talking to a doctor about this. I can only give you basic, general information about varicose veins. I cannot advise you make, and the second second second second second second Varicose veins are veins that become swollen. Blood flowing back to the heart is directed in veins by valves that act as gates, opening in only one direction. This stepaider effect gets blood back from the legs to the heart. If the valves are impaired, then back pressure de-velops, causing the veins to swell. Generally, swelling is the only symptom. Varicose veins usually occur in the legs, especially in people whose jobs require a lot of standing. Does yours? Avoid sitting in the same position for a long life also.

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(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Tournship and a recent appointee of the President's Council on Physical Filmess, is happy to answer any questions readers may have regarding exercise. Please send pour letters to: Sports Department, Myrna Partrich, 805 East Maple, Bir-mingham 4809.)

sports camps

MULTI SPORTS

ALL PRO SPORTS CAMPS: The All-Pro Sports Camps will be held in July at Cranbrook and Detroit Coun-try Day high schools. The basketball camp will be held June 9-13 and July 16-20 at Detroit Country Day. The camp will feature Detroit Pistons Jatres Edwards and Mark Aguirre, plus ex-Piston Rick Mahorn. Mahor

Mahora Cranbrock will be a site for both the football and baseball camps. The football camp, Esturing Rodney Peete, Michael Cofer and Jerry Bail, will be held July 2-3.7 met baseball camp will be held July 23-27 and will feature Detroit Tigers Cecil Fielder, Matt Nokes and Gary Ward. For more Information on any of these camps, call 646-1616.

BASKETBALL

At BROTHER RICE: Brother Rice will hold a summer basketball school with special emphasis placed on fundamentals and skill development, beginning Monday, June 18, through July 6.

through July 6. The first assion is from 8:30 a.m. to 10 a.m. and is for boys entering grades nine to 12. Session II is from 10:15 a.m. to 11:45 a.m. and is for boys entering grades five to nine. Cost is \$125 per student for 14 days. For information, call Rice coach and school director Frank Carrico at 747-2526, or 855-3161.

At ST. MARY'S COLLEGE: The summer basketball camp at Orchard Lake St. Mary's will be held June 24-The camp will feature individual

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instruction, tournaments, daily games, individual contests, guest speakers and comprehensive evalua-tions. Camp directors include Gien Donahue, coach of St. Mary's Col-lego, George Porritt, coach of St. Mary's High School, and Kevin Donahue, a St. Mary's College assist-ant.

The camp is open to anyone be-tween 8 and 18 years. For more information, call 683-0445 or 683-0536.

0445 or 683-0536. At MARIAN HIGH: A girls basket-ball camp will be held June 25-29 at Birmingham Marian High School. Registration is limited to the first 35 registrants. Camp director is Marian High School cosch Mary Lille-Ci-cerone, whose Musiangs won the 1999 Class A state girls basketball tille sponsored by the Michigan High School Athleit Association. The camp staff will include Marian as-sistant cosch Anne Robb, Former University of Detroit All-American tage standouts Kathy Phillips (Penn State University) and Jennifer Shasky (George Washington Univer-Sity). For Litther information, call 644-1954 or 526-0945.

Effic. Call Starting to the call of the second seco includes equipment, rememberships call 360-4097 call 360-4097. • June 9-10 - Lakeside Fishing Shops will hold a "Big Fish Contest" in conjunction with Free Fishing Days. The three heaviest walleye and perch registered at the Lakeside Fishing Shop in either Farmington

At U.D JESUIT: A basketball clin-ic for boys will be held in two ses-slows at Gesu School, located adja-cent to the U-D College campus. The first session (June 11-15) will be for second session (June 11-15) will be for second session (June 21-25), and the for ninh and 10th graders. The clinic director will be Scott Hammond. U-D Jesuit head coach, and John Tughes, U-D Jesuit assistant coach. There will be six hours of daily in-struction. For more information, call 852-5400 or 543-4496.

BRAD HAVEN'S SCHOOL OF BASEBALL

Starting June 18 to Aug. 24

Sign up for 1 week, 2 weeks, or all ten!

Ages 7 - 16 At Worden Park

Exington & Crooks, Royal Oak + 1 Bik, No. of 13 Mile FOR INFORMATION CALL: 588-5357

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FREE BASEBALL CLINIC SUN, JUNE 10th - 1:00-3:00 p.m. AT WORDEN PARK

UGLY KITCHEN CABINETS?

"I felt a tap, leaned back and stung him," Rock said. "He started moving off like a freight train. I knew it was something big. I thought it was a pike, because I knew there were some pretty big pike in the lake. "He kept moving away and buzz-ing line off my reel. I hollered at the wife to pull up the anchor so we could start moving toward him be-fore I ran out of line."

The fils layed deep in the water, but after a strenuous 10-minute bat-tle he finally surfaced and Rock was face-to-face with a monster large-mouth bass. "It's definitely the blg-gest bass I've ever caught," admit-ted Rock.

Fishing with a brand new ultralight rod and red and some thin four-pound test line. Rock already but and brand new ultralight rod and red and some thin four-pound test line.

outdoors Bill Parker

Rock reels in memorable catch

The fish was 23-inches long and tipped the scale at 5.75-pounds, just a quarter-pound short of Master An-gler bonors. Rock caught the fish on a No. 10 hook tipped with a leaf

"We were fishing for meat," ex-planed Tock, who admitted he has a penchant for blue gill. "I usually don't fish for bass because they aren't that great eating, but I'll take one like this anytime." The bass bit around 2:30 in the af-

The Dass fit around 2.50 th the ar-ternoon. "The fish were in a feeding free-zy" adde Rock. "I don't follow the solunar charts, but if I could look it up, I'd bei we were in a high solunar period at that time because every-thing was hitting."

Thursday, May 31, 1990 O&E

FREE FISHING WEEKEND is scheduled for June 9-10 and with more than 65 events planned state-wide, there should be something for everyone from beginner angiers to the most polished pro. "These fishing events have be-come the cornerstanc of this special weekend," explained Director David Hales of the Michigan Department of Natural Resources. "Last year, fishing instruction and fishing values were passed along to nearly 10,000 new anglers at 65 free fishing events. That's a great lavestment in the future of Michigan's fishing." During Free Fishing Weekend, Michigan's fifth such event, resi-dents and non-residents can fish in the state's waters without purchas-

ing a fishing license or trout stamp. DNR statistics indicate that better than two million anglers fish Michi-

Divit statistics indicate that better than two million anglers is his Michi-gan waters annually. More than 50 game fish varities are available to anglers ranging in size from thry sun fish that average five-inches in length to the glant lake visorgeon that tops out at a state record 193-pounds. Michigan features 38,000 miles of Great Lake waters, 12,000 miles of Great Lake waters, 12,000 miles of Antiber and the seven state of the seven lakes and 35,000 miles of trout waters. For a doltonal information on Nichigan's Free Fishing Weekend and the events planned call the DNR Pisheries Division at (s17) 373-1280. Call the DNR's 24-hour fishing hot-line at (s17) 373-0908.

(Bill Parker is happy to answer questions readers have regarding the outdoors. Anglers who catch trophy size fish should also report their success. Send questions or comments to: Outdoors, MoS E. Maple, Birmingham 48009.)

outdoors calendar

IMPORTANT DATES AND EVENTS

IMPORTANT DATES MID EVENTS • June 3 — Riverbend Sport Shop in Southfield will conduct a fly fish-ing class. Course fee 1s 490 and in-cludes equipment and lunch. Addi-und Julist Null 22 Each June 1 innitide to 12 students. Call 350-8184 for more information. • June 8 — "Beginners Family Greek Metropark. Call 781-4621 for more information. • June 9 — A "Fish-A-Thon" will be held for anglers of all ages at the Pontiac Lake Restretation. • June 9 — A "Fish-A-Thon" will be held for anglers of all ages at the Pontiac Lake Restretation. • June 9 — A restift for more infor-mation. • June 9 — Rochester Hills An-ter Hills. Call 555-4637 for more infor-mation. • June 9.10 — Free Fishing Weekend will be offered statewide-contact the DNR fisheries division at 373-1280 for a list of special events planned across the state. • June 9.10 — "Fish for Burrs" harity wallege tournament will be held on the Detroit River and Lake Erie. Call 65-7157 for more infor-mation. • June 9-10 — One day fly fish-

or St. Clair Shores will win a cash prize. For more information and tournament rules, call 473-2030.
 June 16 - A fishing derby will be held at the Mill Pond in Brighton.
 June 16 - Hass season opens in Lake St. Clair and the St. Clair and the St. Clair and the St. Clair and Detroit rivers.
 Canny Conservation Association with hold a 3-D archery shoot at its walk-through range in Public and terkers may use their own equipment or make arrangements with he WWCCA staff to try out a bow, call 453-9843 during business hours or 525-1368 evenings for more information.
 June 17 - A fishing derby will be dat Independence Oaks Counse information.
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Keego nows. 3041 Orchard Lake <u>Millford</u> Oliti Roy's Complete Howe. iwe. Id Lake

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HETROPARKS • Night Watch, a naturalistied wisk through the woods, will be of-springs. • Starday Morning Stuff, a monthly program for children ages to solve the second stuff, a monthly program for children ages validren ages of the solve validren ages of the solve validren ages of the mulch partici-parts will be offered at 10 a.m. Saturday ut indian Springs. • Mett Smokey the Bear, par-portunity for children and their par-portunity of children and their par-based the offered at 10 m. Saturday at the offered at 10 m.

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includes a short walk, will be offered at 11 a.m. Sunday at Stony Creek.

Soring into Summer, a natural-istied walk in which participants can enjoy the wonders of nature, will be offered at 2 p.m. Sundayat Kens-ington.

Most Metropark programs are free but all require advanced regis-tration and a vehicle entry permit.
 For more information call the Metroparks at 1-800-47-PARKS.

OAKLAND COUNTY PARKS

• Taxidermy Primer, a nature program in which participants can learn about taxidermy, will be of-fered at 10 a.m. Saturday at Inde-pendence Oaks.

Michigan Has Great Lakes, a nature program in which partici-pants will learn facts about Michi-gan's water resources while cance-ing in Crooked Lake, will be offered at 7 pm. Saturday, June 9, at Inde-pendence Oaks.

endence Oaks.
• Michael Deren will portray life-in Michigan lumber camp of the 1870s, Sunday, June 17, 2-3 p.m. at Independence Oaks Nature Center. With the help of a fiddle, concertina; bones, limbertoys, button accordion and hammered duleimer, Deren will hare songs and stories about those days of the while pine.
• More Johland, Campin, Darie

Most Oakland County Parks programs require advanced regis-tration. Call the Independence Oaks Nature Center at 625-6473 for more information.

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payment, no payments and tharges for 90 days (after the period). OFFER ENDS 6/30 try:

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