

Deadline nears on tourney sign up

THANKS TO A one-week extension, there is still time to enter the Greater Detroit Bowling Association's 75th Annual Tournament at Cloverlane in Livonia. The last day to enter has been extended to Feb. 28.

The tournament, running March 21 through April 18, offers a team, singles and a doubles competition.

There is a \$18 entry fee per player per event in the singles and doubles competition. The team entry fee is \$125 per team in the classic division (951 and over) and \$75 per team in the regular division (950 and under).

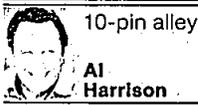
First place in the regular division is \$5,000, while the classic division winner earns \$2,500.

The second annual GDBA Mixed Team Championships will take place the same time. This competition is for teams made up of two men and two women.

Any two men and two women from the GDBA and WIBC associations can form a team and enter this competition. Handicap is 50 percent from 800.

First prize is \$4,000, plus entry into the national mixed team championship. Team entry fee is \$60 and the last day to register is Feb. 28.

Call the GDBA for further details at 773-6350 or Cloverlane at 427-



10-pin alley
Al Harrison

6410. If you haven't already entered, give it some real consideration, because this is the best buy in tournament bowling.

HONOR ROLL

Bel Aire Lanes (Farmington): Early Birds - Gail Trephine, 245/599; Salad Bowlers - Barbara Urban, 215; Betty White, 216; Michelle Charlton, 206; Novi Pinpointers - Audrey Blackburn, 205

Walnut Creek Country Club - Sharon Denmore, 222; Shirley Thomas, 209

Tuesday Senior House - Jim Large, 269/737; Steve Dunling, 278/899; Mark Howe, 272/668; Bob Hanson Jr., 898; Ted Kress, 249/891; Tom Johnson, 238/879; Walter Greig, 257/874; Tom Harris, 267/672; Mike Cimato, 287/889; Ken Hooper, 257/686; John Staricha, 257/686; Bob Duman, 639; Dave Erickson, 635

Country Lanes (Farmington Hills): Greenfield Mixed - Jack Gattrell, 248/643; Phil Soney, 245/681; Pat Sockow, 201; Bill Parke, 216; Tom Koebel, 655; Al Harrison, 248; Jim Jimmerson, 246; Dan Christensen, 238/818; Lee Snow, 278/

698; Carol Lynch, 293; Dorothy Hirstord, 244

Jewish War Veterans - Carl Berlin, 221; Sheldon Hinkle, 214/812; Irving Davis, 210; Mori Margolis, 208

D'Nal Brith Zeiger/Cross - Rob Pihlak, 212; Jeff Moss, 234/833; Cal Myers, 212; Howard Rudin, 210; Benny Grossinger, 207; Joel Lankowsky, 204; Les Silverman, 203; Steve Kates, 201; Keith Kingdon, 200

Morgenshau L/Chaim - Bob Esick, 252; Marty Bordoyle, 249/645; Darryl Kaplan, 212; Jerry Manchel, 205; Dennis Kay, 206; Ken Wilson, 202; Mary Lili, 202; Jerry Bruda, 201; Marty Hosenberg, 190

Downtown/Fox - Larry Frommer, 256/615; Mike Downes, 219; Ivan Katz, 212; Mark Siegel, 212; Marc Wermuth, 212; Sy Zate, 211; Steve Kay, 210; Mel Toby, 206; Randy Smith, 203

Menalace - Stuart Litt, 256; Dave Koloff, 234/606; Sander Papp, 229; Mark Sprilling, 204; Arnold Levine, 203; Steve Shookes, 200

Mid-Nite Match - Mike Reiter, 201

Pinch Aaron Kales, 245/605; Jerry Gurwin, 238/601; Dan Cohen, 235/612; Joe Burnstein, 230; Yale Weiner, 228; Larry Schacter, 212; Bryan Levine, 212; Barry Hoffman, 211; Mark Schwartz, 211; Mort Friedman, 210; Paul Schaefer, 217; Larry Horn, 219/818; Rick Kirsch, 219; Larry Horn, 219/818; Barry Palman, 212; Mike Goodwin, 211; Ron Goodman, 211; Bruce Weberman, 210

Play One Lanes (Troy) Wednesday Morning Classic - Dave Karaska, 258/661; Hal Boone, 641

Pinch Hollow Lanes (Southfield): Lathrop Ladies - Wynla Danborn, 238

WDBA - Maryann Johnson, 225-224; Saturday Youth Leagues - Perry Calhoun, 232

Bowl One Lanes (Troy) Wednesday Morning Classic - Dave Karaska, 258/661; Hal Boone, 641

Pinch Hollow Lanes (Southfield): Lathrop Ladies - Wynla Danborn, 238

WDBA - Maryann Johnson, 225-224; Saturday Youth Leagues - Perry Calhoun, 232

Providence Mixed - Jim Telop, 225/680; Jim Frost, 246; Stan Bereta, 222; Mike Powell, 253/636; Stacey Hodger, 232/618

Plum Hollow Ladies - Mildred Huan, 226; Lois Harper, 221; Mickey Meloni, 219/818

Detroit Morgenshau Ladies - Sylvia Schey, 227

Inier-Lodge Masonic League - At 11 a.m. weekdays, 11:30 p.m. Saturdays; 12:45/642, Jack Cole, 192; Hal Lubin, 232/624; Al Vendick, 209/600; Robert Lubin,

exercising options
Myrna Partrich

A little care will cure that yo-yo syndrome

Dear Myrna: I am a high school student, male, smart and handsome. I have one major problem - my weight. I diet, lose weight, and then gain it back. I play football for my school. The coach and my other teammates like me to be at a heavy weight. I guess I am the buff of the team. My social life suffers when I am heavy and I really hate myself that way. I diet and gain and diet and gain. Help me.

You are still young and able to change your lifestyle. I am so glad you took the liberty to write without feeling shy. Yes, you are smart. Most people do not seek help when they are young and then develop bad eating habits.

This yo-yo syndrome - diet and gain - which actually contributes to further obesity, will stop if you really care enough. You say you are counting calories. Restricting calories is the main weight reduction method used by weight loss clinics, and promoters of popular fat diets.

Dieting by restricting calories is one of the worst ways of trying to lose fat. When you drastically cut calories your body reacts negatively. It thinks you are starving and, therefore, takes immediate protective action. It lowers your metabolism, which means you will burn fewer calories. This makes your fat cells even more efficient at storing fat.

So restricting calories from your diet actually puts you and your body at opposite ends. While you are trying to lose fat, your body is trying to conserve it.

When you rely on calorie cutting alone, only about half of the weight you lose will come from your body's store of fat. You will lose muscle and not enough fat. You need muscle to lose fat. That is why exercise is so important.

A weight reduction program that combines aerobics and strength training (muscle) exercises five days a week will put you right on track.

Secondly, what you should be counting is fat intake, more than calories. You need a well-balanced, low fat diet.

Probably, your next move might be to discuss this with your mother, father, or whomever makes your food at home. Visit a dietitian and discuss a low fat way of eating, which will soon become a way of life.

People think of a diet as a temporary measure. I want to change your style of eating for life. Best eating habits include: foods low in fat content (daily intake only 20 percent fat); complex carbohydrates (pasta, whole grain breads, rice, etc.); vegetables; and less protein intake (meat, etc).

I have a lot of information for you, including the proper dietitian. Do not forget the exercise. You will excel greater in football by staying in good shape.

You will also love yourself.

(Myrna Partrich, co-owner of The Workout Company Inc. of Bloomfield Township and a member of the President's Council of Physical Fitness, is happy to answer any questions readers may have regarding exercise. Please send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48009.)

outdoors calendar

- IMPORTANT DATES AND EVENTS**
- Feb. 27 - A six-week course on the basics of muzzleloading rifle shooting begins at 7 p.m. at the Western Wayne County Conservation Association. Fee is \$10 and includes text books, range fees, ammunition, targets, the use of spotting scopes and all instruction. Call 453-0285 for more information. WWCCA is at 6700 Napier Road in Plymouth Township.
 - March 1 - Crow, bobcat and fox seasons end statewide.
 - March 2 - A five-week Lorain C. Navigation class for boaters begins at 6:45 p.m. in the cafeteria at Bloomfield Hills Andover High School. Class fee is \$40 and pre-registration is required. Call 433-0885 for more information.
 - March 3 - The Romeo B.A.S.S. Busters will hold their monthly meeting at the Romeo Youth and Community Center. New members are welcome. Call 266-6469 for more information.
 - March 4 - The family-oriented Four Seasons Fishing Club will hold its monthly meeting at the Maplewood Center in Garden City. New members are welcome. Call Tony Brehler at 477-3816 for more information.
 - March 7 - The Rocky Mountain Elk Foundation will hold a banquet, auction and raffle beginning at 8 p.m. at the Livonia Marriott Inn in Livonia. Tickets are \$45 each or \$70 per couple and include membership. Call Jack Hamilton at 591-0522 for more information.
 - March 14 - The Detroit Audubon Society presents "Making Environmental Connections," a daylong workshop on ecology, beginning at 8:30 a.m. at the Grrosse Pointe War Memorial Center. Call the DAS at 545-2929 for more information.
 - March 15 - Royal Oak Archers will hold a 3D shoot beginning at 9 a.m. on its walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.
 - March 22 - The Archery Committee of the Western Wayne County Conservation Association will hold a 3D shoot on its walk-through range in Plymouth Township. Call 453-9843 for more information. WWCCA is at 6700 Napier Road in Plymouth Township.
 - March 22 - Royal Oak Archers will hold a 3D handicap benefit shoot beginning at 9 a.m. on its walk-through range in Lake Orion. Call 693-9799 or 693-1369 for more information.
 - March 31 - Rabbit season ends statewide.
 - March 31 - 1991 fishing licenses expire.

- OAKLAND COUNTY PARKS**
- All That Glitters, a class in which junior naturalists will examine rocks, minerals and fossils, begins at 1 p.m. Saturday, March 7, at Independence Oaks.
 - Maple Magic, a program in which participants will learn to make maple syrup, begins at 1 p.m. Saturday, March 14, at Independence Oaks.
 - Oakland County Parks programs require advanced registration and some have a nominal fee. Call the Independence Oaks Nature Center at 625-6473 to register or for more information.
- METROPARKS**
- Lookout! It's Leap Year, a walk through the park focusing on the folklore surrounding leap year, begins at 2 p.m. Saturday at Kensington.
 - A Redwing Festival, a program celebrating the arrival of the redwing blackbird as the first harbinger of

- Spring, begins at 10 a.m. Sunday at Stony Creek.
 - Bird Photography, a how-to seminar conducted by well known nature photographer John Mielcarek, begins at 11 a.m. Sunday at Stony Creek.
 - Maple's Sweet Story, a visit to the sugarbush to learn how maple trees are tapped, sap is collected and boiled down into syrup, begins at 3 p.m. weekends through March at the Kensington Farm Center.
 - Highways - Sligh/Hayrides, will be held weekends (weather permitting) throughout the month of March at the Kensington Farm Center. The 20-minute rides are \$1.50 for adults and \$1 for children and senior citizens. Call the Farm Center at 625-1561 for more information.
 - Most Metropark programs are free, while some require a nominal charge. Pre registration is required. A motor vehicle permit is required. Call 1-800-47-PARKS for registration information.
- OUTDOOR SHOWS**
- Through March 1 - 1992 Outdoorama Sport and Travel Show will be held at the State Fairgrounds in Detroit. Featured attractions include the comedy group 'Da Yoopers' and ventriloquist Eddie Jaye. There will also be seminars on field dressing deer, a turkey-calling contest, live birds of prey, Big Buck Night (Feb. 28), hundreds of exhibitors and more. Speakers include Don Gaspin, Denny Geurink, George Richey, Jim Clay, Ron Spittler, and Glen Dudderar. Show hours are 9-9 p.m. Feb. 21; 3-9 p.m. weekdays, 11-9 p.m. Saturdays; 11 a.m. to 7 p.m. Feb. 22; and 11 a.m. to 6 p.m. March 1. Admission is \$5 adult, \$2.50 children under 12 and \$2.50 for citizens 60 and older (before 5 p.m. weekdays only).
 - March 5-8 - Sportfishing Expo will be held at the Palace of Auburn Hills. The show features more than 350 exhibitors and more than 50 non-stop seminars. Speakers include Larry Nison, hundreds of exhibitors and more. Featured speakers include Gary Berger and Dick Talleur. Show hours are 10 a.m. to 7 p.m. March 14 and 10 a.m. to 6 p.m. March 15. Admission is \$7 and children under 12 will be admitted free. Proceeds will be used to benefit conservation.
 - March 20-22 - Michigan Deer Spectacular will be held at the Lansing Civic Center. The show includes deer and turkey calling contests, a trophy deer contest, product sales and more. Speakers scheduled to appear include Harry Brunett, Dave Samuel, Ralph Cianciarolo, Jay Vazuh, Richard P. Smith and Jim Miller.

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