

Stingrays send 4 to national meet

Following a fourth-place team finish at the state long-course championships last weekend, the Michigan Stingrays will send four male swimmers to the Junior Nationals.

Competing this weekend in Charlotte, N.C., will be Karl Kozicki, Chris Knoche, James Leslie and Jon Kershaw.

Kozicki is entered in the 400-meter individual medley with a 4:44 time. Entered with short-course yard times, Knoche will swim the 50 and 100 freestyles (24.9 and 46.8), Leslie and Kershaw the 200 backstroke at 1:53 and 1:56, respectively. The foursome also will compete in three relays.

"This will be a good test for all four men," coach Jeff Cooper said. "Chris will be swimming his last age-group meet on the national level. Karl will be swimming in his first. James and Jon their second."

The Stingrays had a productive state meet, according to Cooper. "We did not have a large entry, as we did last year when we won the meet, but we swam well and gained

good experience for the future."

Two Stingrays won gold medals. Melissa Axner (12) won the 11-12 50-meter backstroke (53.4) and the 50 freestyle (29.1), and Karl Pawlowicz (12) won the 50, 100 and 200 freestyles in the same age group with times of 27.1, 1:00.2 and 2:14.4.

Pawlowicz' 50-meter time was a state record, breaking the mark (27.40) previously held by former Dearborn High and Indiana University star Joe McGinnis.

The Stingrays will conduct their 1992-93 registration on Sept. 1-3 at Harrison High School. For information, call 476-8133.

Amy Comerford and Carl Boyd, both Oakland University swimmers, will represent the Stingrays later this month at the Phillips 66 Senior Nationals in California.

"We are fortunate to have Amy and Carl with us," Cooper said. "They have very good times in the backstroke events and will be good representatives of our club and Michigan swimming at this meet, which is one step below an Olympic qualifying event."

Yoga helps mental, physical health

EXERCISING OPTIONS



MYRNA PARTRICH

I have been reading more about yoga lately. I know you are familiar with all types of exercise. Do you recommend yoga and does it really work?

A few months ago, at one of our weekly business meetings, my partner Barbara and I decided that yoga was the only exercise other than swimming missing from our program. When considering the practicality of building a swimming pool, we ultimately decided on yoga.

The next day, I walked Jonathan Kest, a yoga expert. I thought it had to be a joke. Was this man sent down from heaven?

The theory of yoga is basic and easily understood. Yoga is consid-

ered a natural solution to body abnormalities, whether mental or physical. Kest's father was no longer able to practice oral surgery due to a debilitating chronic back pain.

Yoga played a major role in his father's recovery. Many experts in mental health highly recommend yoga to release stress and gain control over one's emotions.

One of the most well-known types of yoga is Hatha. Kest takes Hatha one step further into Meda yoga.

Kest describes the difference: "Hatha Yoga is the science of yoga that deals with the physical body. It is the form of yoga that is most popularly known. It consists of postures which stretch and strengthen the body and of breathing and relaxation techniques."

"Meda yoga enlightens the mental factor in yoga. So in addition to stretching and strengthening the body, Meda yoga develops the faculties of concentration,

awareness and balance of the mind, emphasizing the deep connection between mind and body."

"Meda yoga is a powerfully calming exercise using meditation and yoga to develop the concentration, awareness and balance of the mind and to increase the flexibility, strength, balance and stamina of the body."

Through a series of movements based on classic yoga postures, observation of the natural breath and conscious awareness of bodily sensations deep-seated tension is released both physically and mentally."

Kest finds himself to be a positive catalyst in helping people change their lives. He studied and practiced yoga and meditation in India, London, Hawaii, California, Massachusetts and Michigan. He graduated from the University of Michigan studying human physiology and psychology. He is a member of the Yoga Association of Greater Detroit and a member of

the International Association of Yoga Therapists. He now devotes his life to the practice and teaching of yoga and meditation, helping people face all the tensions and problems of life in a calm, balanced way.

Thank you Mr. Kest! Now here is how it goes. Throw away those tranquilizers and sleeping pills. This really works. When I am finished with yoga class, I feel like I have just experienced a massage. How's that one for you?

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

SPORTS SHORTS

Items for the Sports Roundup should be submitted by 5 p.m. Tuesday (for Thursday edition) and 5 p.m. Friday (for Monday edition).

SOCCER TRYOUT

The Farmington Angels, an under-14 select girls soccer team, will have tryouts for goaltenders. If interested, call Sean Magee (473-0750) or Joe Pawloski (478-7899).

GYMNASTICS CLASS

The Farmington Area YMCA will start gymnastics classes Monday, Sept. 14. The classes are open to beginners through advanced team members, preschoolers through teenagers. For information, call Tom Wylie (553-4020).

HOOP LEAGUES

Women's and men's over-30 bas-

kethall leagues are being organized by the Farmington Area YMCA. Games will be played on Sundays and the cost is \$350 per team. Organizational meetings will be held in late September. For more information, call the YMCA, 553-4020.

PRESCHOOL CLASS

Farmington Area YMCA is starting a program to give children ages 3-5 the opportunity to learn about movement, basic health and fitness. Classes start the week of Sept. 14. Call 553-4020 for registration details.

SOCCER PRACTICE

The Farmington Hills Harrison boys soccer team will begin preseason practice at 6 p.m. Wednesday, Aug. 12. The Hawks also plan to participate in a team camp Aug. 19-22 in Cheboygan. For information, call Alex Dayneel (471-7882) or Carol Harvey (478-7666).

ARCHERY SHOOT

Royal Oak Archers will hold a broadhead shoot beginning at 8 a.m. Sunday on its walk-through range in Lake Orion, 693-9799 or 693-1369.

The Western Wayne County Conservation Association will hold a 3D shoot Sunday, Aug. 16, on its walk-through range in Plymouth Twp., 453-9543.

Detroit Archers will hold a Bow Hunter's Jambooree (42 target 3D shoot) on its walk-through course in West Bloomfield beginning at 9 a.m. on Saturday and Sunday, Sept. 12-13, 624-8140. Call the Detroit Archers 24-hour hotline for upcoming events, 661-2550.

DEADLINES

December elk hunt applications must be postmarked by Sept. 15.

FIREARM SAFETY CLASSES

Michigan Hunter Education Clinic (Safe Hunter Certification Course) will be held Saturday and

Sunday, Sept. 12-13, at the Michigan State Fairgrounds, 827-3203.
Safe Hunter Certification Course will be offered Saturday and Sunday, Sept. 26-27 at the Wayne County Sportsman's Club in Romulus, 532-0285.

FISHING CLUB MEETINGS

The family-oriented Four Seasons Fishing Club meets 7:30 p.m. the first Wednesday of each month at the Maplewood Center in Garden City. New members are welcome, 477-3816.
Romeo B.A.S.S. Busters meet 7 p.m. the first Tuesday of each month at the Romeo Community Youth and Civic Center. New members are welcome, 286-6469.

FISHING EVENTS

Fishing contests will be held through Sept. 7 on Crooked Lake at Independence Oaks County Park, 625-6877, and on Buhl Lake at Addison Oaks County Park, 693-2432.
Lake Huron Sportfishing Super Boat Tournament will be held Sat-

urday and Sunday, Aug. 15-16, in Oshtemo, (517) 739-7322.

Tri State Bass Tournament will be held Saturday, Aug. 15, in Muskegon, (617) 238-5228.

A fishing tournament will be held Sunday, Aug. 16, in Pinckney, 231-9105.

Pro Am Bass Fishing Tournament will be held Sunday, Aug. 16, at Fishermen's Landing in Muskegon, (616) 726-6100.

HUNTING CLINICS/SHOWS

Fred Trout's Outdoor Fair, featuring seminars, speakers, exhibitors, archery silhouette shoots, a carnival for children and much more, will be held Friday, Saturday and Sunday at Bath High School (northwest of Lansing), (517) 641-6701.

Woods-N-Water News Outdoor Weekend, featuring seminars, speakers, exhibitors, entertainment and more, will be held Sept. 11-13 at the Eastern Michigan Fairgrounds in Imlay City, 724-0254 or (517) 323-8868.

Two NRA Whitetail Deer Hunting Clinics begin at 9 a.m. Saturday, Sept. 19, and Saturday, Oct. 19, at the Western Wayne County Conservation Association in Plymouth Twp., 453-9843.

SAILING CLASSES

Jack Leverette sailing classes are forming. All classes are held on Lake St. Clair, 886-7887.

METROPARKS

NATURE CRUISE

An opportunity for adults to cruise around Kent Lake aboard the Island Queen with a park naturalist, begins at 8 p.m. today at Kensington.

METROPARK REQUIREMENTS

Most Metropark programs are free, while some require a nominal charge. Advanced registration and a motor vehicle permit are required, 1-800-47-PARKS.



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Deadlines: 5 p.m. Tuesday for Thursday edition—5 p.m. Friday for Monday edition