

SPORTS ROUNDUP

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

COACHING VACANCY

Bedford Catholic Central is looking for a varsity boys swimming coach for the upcoming winter season. Those interested should contact athletic director Bob Santella at 534-1140 or 534-0660. The coaching vacancy came when Pete Leunhardt resigned as CC's coach to become the boys and girls swimming coach at Ferndale High School, his alma mater.

ROAD RACING

Road racing at Waterford Hills Race Track will be in full gear on the weekend of Aug. 29-30. Racing ...

starts at 10 a.m. and ends at 6 p.m. both days. Admission is \$4 Saturday and \$6 Sunday. Children age 12 and under will be admitted free each day. Waterford Hills is on Waterford Road, one-half mile north of Dixie Highway in Clarkston. For information, call 623-0070, 623-0444 or 538-2165.

MARTIAL ARTS KIDS

Sean and Corey Light, almost 9 and 7, respectively, have received belts from sixth-degree black belt Peter M. Carbone, who also is the Michigan director for the Police Self Defense Instructors International. Sean received the green belt, the first major color change in the school, and Corey received a purple belt from the Junior Defensive Tactics Class.

Gaza from page 1C

"Yeah, my parents didn't appreciate it (all the phone calls)," Ames said. "They're so happy she's home because she only lives a couple blocks away and I can drive there."

Gaza plans to compete on Mercy's swimming team this fall but she knows her niche is as a synchronized swimmer. She started synchronized swimming at age 7 after watching her sister Beth in the sport.

Gaza would like to continue synchronized swimming in college and she hopes to attend Ohio State University, which has the sport.

"I want to try to make the Olympic team, but if not, make

the first national team," Gaza said. "But first I just want to survive college swimming."

Gaza said some people don't understand the struggles of a synchronized swimmer.

"A lot of people have misconceptions that synchronized swimmers just do shows and go off," she said. "But it's very structural, we have to do 20 hours a week in the water, do aerobics, take dance lessons."

"We don't have goggles to wear, we have to listen to underwater music, do counts to everything. That's why everything is synchronized. We're not just guessing."

High activity risks vitamin deficiency

EXERCISING OPTIONS



MYRNA PARTRICH

being I still live with my parents. I don't take vitamins. Should I when I feel low?

You must be in training much of the time if this is important to you. However, certain athletic activities — endurance sports, extensive training — may cause your need for more sodium, potassium, iron and zinc, all of which are lost through perspiration.

When you say "well-balanced meals," do you eat meat, eggs or dairy products?

In your high active situation you might be at risk for a Vitamin B12 deficiency. Vitamin B12 assists in the regeneration of red blood cells and maintains a healthy nervous system. If your store of this is low, you could feel fatigued and experience difficul-

ty in concentration and balance.

Also, there is a chance of not absorbing enough iron — a problem many women have. If your iron reserves are low or depleted, your aerobic capacity will go way down. Iron facilitates the transfer of oxygen from your bloodstream to your lungs.

Are you on any medication at all? The combination of stress and certain medication and chemicals impair the absorption of some nutrients and could deplete your vitamin and mineral reserve.

I recommend you visit a dietitian to take a closer look at your food intake. Yes, you might need a few vitamin and mineral supplements. It is not a big deal.

You also must listen to your body and don't overtrain. You are young with a lot of great active years ahead.

Be careful.

(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.)

Overaitis' 3-run homer keeps Walter's alive

By BRAD EMMONS
STAFF WRITER

Craig Overaitis delivered the "Shot heard 'round Johnstown."

The former Livonia Franklin High and Henry Ford Community College standout cracked a dramatic three-run homer with two-out in the bottom of the ninth inning, giving upstart Walter's Appliance a stunning 8-7 victory Friday over New Orleans at Point Stadium.

Overaitis' heroics, off NORD Boosters reliever Chris Wescott, enabled the first team ever from the Livonia Collegiate Baseball League to play for the coveted All-American

Amateur Baseball Association Tournament title, held annually (since 1945) in the western Pennsylvania steel town. (See championship story).

"I didn't see it land," said Overaitis, who is headed for Madonna University this fall. "I didn't know it was out until the team got up and started yelling."

"I got ahead on the count and I was looking for a pitch. I felt focused and relaxed, instead of nervous and tense. I felt I was in a zone. I'd say it was my greatest thrill, especially in a tournament like this."

It was Walter's fifth straight victory in the 16-team double-elimination tournament and it couldn't

have come at a more opportune time against the tourney's lone unbeaten team (among four still alive) in the double-elimination format.

"It was a 3-1 count, he (Overaitis) went with the pitch and sent it over the left-center field screen," said a euphoric Walter's manager Mike Keller. "I'm almost speechless. It was unbelievable."

Walter's overcame a 5-0 first-inning deficit, clawing back into game with a 13-hit attack.

Catcher Eric Stover (Westland John Glenn High/Grand Rapids JC) collected three hits in the victory, while Jeff Pendell (Livonia Churchill/Madonna), Mike Giacomantonio and Overaitis added two each.

Jason Gabel (Churchill/Central Michigan) also clubbed a solo homer for Walter's.

Walter's starting pitcher Todd Boike pitched the first seven innings, allowing six earned runs on nine hits.

Sean Henkel (Livonia Stevenson/Madonna) came on for Boike in the eighth to earn the victory, pitching the final two innings to gain his second tourney win. He allowed one earned run on one hit.

"Even though we gave up two in the eighth, we were still there," said Keller, whose team overcame five errors. "I don't remember panicking or giving up. You could see it in their eyes."

Don't Miss It!



He's reading PERSONAL SCENE; you should too. Don't miss this great new directory. It's a real 90s kind of thing. It involves electronic answering for complete privacy, it has five interesting classifications and it's easy to use. Check it out right now. If it's Thursday, you'll find PERSONAL SCENE in our Classified section, if it's Monday, check out our Street Scene section. Who knows? There may be someone there for you!

Crim Festival of Races

It's a...

SPORTS & FITNESS EXPO

August 20-22
Radisson Hotel
Downtown Flint

It's a...

PASTA PARTY

Friday, August 21
5:00 - 8:00 P.M.
University Pavilion
Downtown Flint

It's a...

FREE CONCERT

The Contours
Friday, August 21
7:00 P.M.
Riverbank Park

It's a...

BIKE RACE

The Crim Cycling Classic
Saturday, August 22
2:00 P.M.
Downtown Flint

It's a...

RUNNING WILD PARTY

Saturday, August 22
8:30 P.M. - 12:00 A.M.
Radisson Hotel
Downtown Flint
Admission \$5
Cash Bar & Refreshments

And of course, it is a race! August 22, Downtown Flint.

7:30 A.M.	Wheeler's	10:00 A.M.	Crim 5K Run
8:00 A.M.	Crim 10 Mile	10:15 A.M.	Crim Family Walk
9:30 A.M.	Crim 8K Run	11:15 A.M.	1 Mile Run (New Distance)
9:45 A.M.	Crim 8K Walk	12:00 NOON	Crim Teddy Bear Trot



THE FLINT JOURNAL



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