Brown qualifies for 1st Masters

Livenia resident Rom Mathian and the search and the

To reach two "ultimates" within 10 days of each other is a nice story to help get 1993 off to a good start.

The 1993 Masters Tournament is currently being held at the Liberty Bowl in Roseville. It is one of the highlights of the Great Detroit Bowl-ing Association season and only the top echelon bowlers in the area can

ing Association season and only the top cchecho howlers in the area can make it.

They are now past the qualifying level and of the 22 semifinalists, five are from Observer & Eccentic communities. They are Graid Brown Farmington Hills; Faul Hutchinson, Garden City, West Bloomfield; and Tops Silpack, Rediord Township. Brown is in bits first Masters Tour-fament. Hutchinson has qualified five times, winning \$1,327 with a best finish of second place in 1827. Nagis is in his sixth tour but this is his first time to reach the semifinish. Spleer, who finished second last year, has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has qualified three times with \$1,275 in winning. Silpack has a qualified three times with \$1,275 in winning. Silpack has a qualified three times with \$1,275 in winning. Silpack has a qualified three times with \$1,275 in winning. Silpack has a qualified three times with \$1,275 in winning \$1,275 in which \$1,275 in wh

just service and a smile.

"Sometimes you hear or read a story that makes you feel good, this is one such story about the "Tuesday Mens Bewiers," and 16-team ladies league at Meril-Bowl in Livousity decided to Hear Bowler and Livousity decided to the story of the s

anonymous.

Wouldn't it be nice if this idea caught on with all bowling leagues?

BOWLING HONOR ROLL

Quee Dont (Carbon Tomaship) Weyne Westland & 1n-Cry Women's Exclusivity Tournamet — certa Burna, 2719 Eds., Travel Casson — Pel Contast, 256/164; Sean National, 220/554; Sean Artopast, 2716-66; Be Casson, 24(27); Rocky Balanian, 250/555; Sean National, 220/554; Sean Particle Markata, 250/555; Sean National, 250/556; "Sean State of Casson, 250/556; Sean National "Sean State of Casson, 250/556; Sean National Casson, 250/556; "Sean State Of Casson, 250/556; Sean National Casson, 250/556; Deb And Levie Of Carbonylatin, Seanor Noue

Géneration (Liverate And Laugue — Bruce Wil-7,871748. https://doi.org/10.1001/10.100

Carrott, 278/071; Jan O'Fiele, 278/172; Chuck Debt. 200740; Wayne Larver, 279/171; Park 2004; 200740; Wayne Larver, 279/171; Park 2004; 200740; Wayne Larver, 279/171; Park 2004; Wayne Larver, 279/171; Park 2004; Wayne Larver, 270/170; Park 2004; Park 20

war Looded, 244/267; Dave Cooded, 2257 522. Motor City Leds & Lassies — Drien Reservy, 2007 727; Tim Battle, 252; Jerry Torry, 253. Westside Service Mari's — Corty Grabos, 2227 620; Cruck Parrotts, 224/579; Pad Drewer, 211. Mondey Lassie Thom — Ose Edwige, 668; Clicks Service, 212. Pages Laines (Phomestic Drien

932, Ryan Buhagiar, 181. Lantons — Andy Fary, 218,150; Ayeshe Whitheld, 147,417. Stajors — Brent Woyneld, 226; Mark Roden, 540; Isrni Anderson, 185; Shaley Barhotz, 504. Washard Boek Ford Men — Bill Dunden, 290. Basuday triandalig League — Larry Drago, 2797.

769.
Twin Parrish — Pat Coshelt, 225-197-290/742;
Ladde Clessic — Patti Pernington, 703.
Monday 8:15 Men — Keth Chempagns, 240-213-300/732.
Wednesdey 8:30 Men — Al Swindehuns, 300;
Scott German, 259.

SPORTS SHORTS

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

M SPONSORS SOUGHT

The Farmington Bandits, an under-14 boys select soccer team coached by Tom Faro, is seeking sponsors for the spring season to help with tournament fees and

help with tournament sees and other toam expenses. Individuals or area companies interested in supporting the Ban-dits should call team manager Linda Wantin at 477-7438.

M MADOKNA SALE

The Madenna University women's softhall team will hold its second annual big garage sale, 10 am. to 4 p.m. Sunday, Feb. 7 at the Madenna University Activities of the Madenna University Activities. All proceeds will go toward the actival team's spring trip to Florida. Or more information, call 591-

5000

E COACHES CLINIC

The 18th annual Midwest Champion Football Coaches Clinic, featuring Ron Dickerson of Temple and Chuck Stobart of

Memphis State, will be Friday and Saturday, Feb. 12-13, at Radisson on the Lake in Ypsilan ti....

ti.
The clinic is open to high
school, junior high and youth
league coaches. For information
call Walt Bazylewicz at 544-0494.

E SOCCER SIGN-UP

Registration forms for the Farmington Soccor Club's spring season are available at the Farmington Hills Parks and Recreation Department and the Farmington Hills Parks and From Society of the Parks o

BASEBALL TRYOUTS

BASERAL WYOU'S
North Farmington-West
Bloomfield will have baseball
tryouts for an 11- and 12-year-old
travel team. NFWB plans to enter
a team in the Little Caesars Baseball Federation for the first time.
For information call NFWB manager Bob Sopo in the evening at
661-6276.

Polar Open scheduled

It may be freezing outside, but a little cold weather won't stop golf funatics from participating in Key Largo Restance Fourth Annual Polar amount fourth Annual Polar amount stated for Feb. 7 on the freezen waters of Walted Lake.

The tournament, which begins at 10 a.m., sill to played on acrefully constructed minchole "championship course" complete with plastic pain trees, greens and sand. et a now traps. The event will format. Players will tender of the Walter of the Walt

iron and one putter.

A new division of the Polar
Open this year will be the "Media

CC loses 3-1 to Southgate

Redford Catholic Central's auccess against state-ranked teams came to an abrupt half Tuesday in a Michigan Metro High School Hockey Leegus game.

Host Southgate Anderson, rated No. 4 in the latest Class A coaches poll, upended the No. 2-rated Shamrocks, 3-1.

The loss drops CC to 9-2-2 overall.

The loss drops CC to 9-2-2 overall.
Southgate outshot the visitors, 39-21, much to the chagrin of coach Jack Gumbleton.
"No excuses, we just didn't play well," he sald. "It puzzles me We made a lot of dumb mental mistakes. They thought they could step out on the Ice and win. You have to skate to win."
Trailing 3-0 late in the third period, Mark Holdridge broke Southgate goalie Phil Toth's shutout bid. Frank Noveck and Justin Ronayne assisted on the goal.

EXERCISING I just started working as a personal trainer. I work with a lot of older people. Sometimes it is like pulling teeth to get my clients to extend them selves and push a little harder. PARTHICH harder? Can you give me some motivational techniques?

First, I will explain the negative approach to the sedentary older adult. Depending on your client, you might or might not want to use this negative motivation. The American College of Sports Medicine suggests that muscle mass may decrease by 30 percent between the age of 30 and 70. Onteoporosis, which is the softening, deterioration, or loss of bone, is a major concern for post-menopausal women.

major concern for post-menopausal women.

These structural changes that
occur with aging have functional
effects that are visible and often
debilitating. The muscles shrint
and neuromotor performance and
speed of movement are reduced.
Aging people experience a loss
in range of motion accompanied
by stiff joints. Fractures resulting
from osteoporosis are more than
one million per year and often
lead to loss of independence. Independence for an older adult is
extremely important to their mental being.

New, there are a lot of positives,
and yes, they can make a difference.

Patience required in training elderly

There is a lot of evidence that the way a healthy and active life-atyle can slow this aging process and produce a positive difference between the chronological and functional ages. Studies above difference and the can make a significant improvement. Weight training not only increases alrength, but develops strunger and thicker bonavhich should be of significant value to older adults.

American College of Sports Medicine recently concentrated on developing strength in the quadriceps of the older adults (hetween the ages of 80 and 80). Their strength improved more than 100 percent.

Quadriceps are sesential muscles for walking, standing and sitting. Stretching and all types of muscle work is essential in improving flexibility and attrength improved more considered than 100 percent. Quadriceps are sesential in improving flexibility and attrength indicates the session of the control of the control

therefore, improving the quality of life.

Remember to be aware of two problems — hypertension and arthritis — that can arise. Most experts agree that strength training is beneficial for individuals with arthritis since stronger muscles generally reduce the stress placed on joints.

As far as your clients, I really can't give you advice on their workouts. I don't know them, nor am I familiar with their health status.

am I familiar with their heaun status.

I do know that some days are better than others for older people. Our oldest client is 95 and a cool gentleman.

If you are unsure of yourself at all, get some help. Motivation can be some of the facts I have stated, or motivation can be your caring and friendship.

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