## **Expo '93** schedules area stop



Bowling Ripo '83 is coming to the greater Datroit area this summer. The event will be an exhibit of all aspects of the bowling industry and local centers.

The displays will be comprised of manufacturers, bowling centers, pro hone troub abone.

man tufacturers, probeding contents, probable contents, probable contents, probable contents, probable contents, embrodery and silkacrene outfitters, as well as other related flow a tilhar content c

North, which is located near meaning.

This is a timely event, especially since the bowling equipment is going through some radical changes. For those who are involved in the bowling scent, this Exportance of the bowling scent, the Exportance of the bowling scent public.

A 12-by-si for space and eight-foot; table are available for as little as \$50 for the weekerd. For information, call the Bowler's Digest at 280-2460.

Bowler's Light at 250-2400.

M As many of the summer leagues have begun, and more are about to begin, there are still some openings available from these was want to get in on the some summer leagues have short seens with the bowling centers a slee, cool place to spend a but summer night. It's a great way to work on your game, try new equipment and stay in good shape so you don't have to start up the fall season rusty.

Drakeship clanes in Farmington Hills

shape so you don't have to start up the fall season rust, the fall season rust, the fall season rust, the fall season rust, the fall season rust has opening in the 630 p.m. Tuesday Adult/Child League, along with 8 p.m. Sunday 12 Obes Stilled League, the fall season fall

**BOWLING HONOR ROLLC** 

BOWLING HONOR ROLLC Country Lanse (Farmington Hüß); Monday tro — Leny Frant, 300; Bob Duman, 298. Drakeshira Lanses (Farmington Hüß); Wednesday Hüned Classic Tro — Nen Arnold, 299; Ron LeChavaler, 279–278/203, Summer You

## M ALL-AMERICAN

Todd Marion, a senior at the University of Michigan from Car ton (Plymouth Salem HS), already had made his mark this season: winner of U-M's Gooff Zahn Award as the team's most valuable pitcher and named to the ail-Big Ten team, the first-ever relief pitcher to be chosen.

And now, he's made Collegiate Baseball's All-American third

team.
It's a well-carned honor. Marion pitched 31¼ innings this season, surrendering four carned runs on 23 bits and 12 walks, with a 1.14 carned run average. He had a 2-2 record and eight saves, runing his career save mark to 32—fourth best in NCAA history. Marion set the U-M record for saves in a season as a junior with 10.

#### III ALL-STAR

Tom Baker, a senior at Plymouth Salem HS, has been selected to compete in the Puma Cup Invi-

tational, one of the top soccar all-star tournaments for high school seniors. Baker is one of 16 players from the midwest chosen for the three-day tournament, which will be June 10-13 at the National Soccar Hall of Fame in Oneonta, N.Y.

**COLLEGE SPORTS** 

The Puma Cup will feature four regional teams, all high school seniors, in a round-robin tournament during National Soccer Hall of Fame Week. Induction corumnies to the Hall of Fame will also be featured.

Baker was named named the state's Mr. Soccer by the Michigan High School Soccer Coaches Association, was a member of the 1993 Parade All-America High School Soccer Team, was a USYSA Olympic Development player and was captain of the USYSA Region II team in 1992, after being selected to the team five times.

He's headed to the University of Virginia on a soccer scholar-ship.

#### M MCC HONCREES

Clint Straub, a senior at the University of Detroit: Morey, and Lawrence Sheffer, a sophomore outfielder for UniV — both from Westland John Glenn — ween honored by the Midwestern Collegiste Conference for their banchell performances this season. Straub, a pitcher/outfielder, was an all-MCC selection at dealgnated hitter. Straub hit 412 — the first-ever Titan regular to clear the 400 plateau since 1884 — with 12 doubles, three triples, seven homers and 32 runs batted in. He was also 4-3 on the mound with a 3.61 earned run average. His nine-for-17 performance, with three RBI, three runs ecored and one home run, carned Straub a spot on the MCC all tournament team.

Sheffer led U-DM with eight home runs this season. That, combined with his .322 batting average, 11 doubles and 34 RBI, got him a berth on the all-MCC second team.

The Tituns finished with a 29-

second team.
The Titans finished with a 2921 record.

#### **SPORTS SHORTS**

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

EMERCY ROUNDBALL

The Mercy High School Dads
Club will be host for the First
Pick & Roll Roundball Classic
June 19-20 in the high school
parking lot. The event is a twoday 3-on-3 basketball tournamen
with 20 to 25 divisions.

Registration is open to males and females age 8 and older. The deadline to enter is Tuesday, June 8. The entry fee is \$60 per

team.
Entry forms are available at Hungry Howies in the Farming ton area and Marcy High Schoo For information call 1-800-551-HOOP.

#### E COACH NEEDED

Parmington Hills Morcy need an assistant varsity swim coach if interested call the Mercy ath-letic department at 476-2836.

#### E SCHOOLCRAFT CAMPS

■ SCHOULGRAFI CAMES

B Scholeraft College summer
soccer schools, aimed at beginners, intermediate and advanced players (boys and girls
ages 6-18), will hold three sessions — July 28-21, Aug. 2-7 and
Aug. 9-14. (Teams will be trained
as a unit.)

as unit.)
The cost is \$30 per session for beginners and intermediate players, and \$120 for advanced players, and \$120 for advanced players (if registered by June 15). Discounts are available for more than one family member.

one family member.

B Schoolcraft's annual boys fundamental camps (ages 9-13) will be from 8:30-11:30 a.m., Monday-Thursday, June 21-24; noon to 3 p.m., Monday-Thursday, June 21-24; noon to 5 p.m., Monday-Thursday, June 24 between July 1. SC men's coach Dave Bogataj will direct the camps.

The coat is \$35 per camper.

B Schoolcraft's girls basketball camps, directed by Livonia Ladywood coach Ed Kavannugh, will be from noon to 6 p.m., June 28-July 2 (grades 4-6) and from 9 a.m. to 3 p.m., July 5-9 (grades 7-9). The coat is \$35 per camper.

For more information, call 462-4400.

#### FIVE MILE BUN

The Lith Annual Canton Five-Mile Run will be 9 a.m. Saturday, June 19, in Heritage Park.
The advance registration fee is \$8.50 and the late fee (after June 17) \$10. The arge groups for men and women: 14-under, 15-19, 20-

#### S THE IT UP FOR TREES

The Firence of Livonia Parks and Recreation fifth annual Tae it Up For Trees, dedicated to the beautification of Livonia's parks and three municipal golf courses, will hold an 18-hole shotgum scramble, 7:46 a.m. to 3:15 p.m. Wednesday, June 9, at Whispering Willows.

The cost is \$60 per golfer (includes beverages, food, souvenir and cart).

and cart).
The event also includes a hole in-one contest, 50/50 raffle, season passes to one or two Livonia municipal course, golf baga, plus many other prizes and games. For more information, call 478-4493.

#### EL STREETBALL HOOP

Streetball Hoopfest, a 3-on-3 basketball tournament is coming Saturday and Sunday, June 5-6, to the Livonia Stevenson High

to the Livonia Stevenson High parking lot.

The \$65 team entry fee (limit four players) must be received by May 29. Each player will receive a T-shirt. The format is double-

T-snirr. The format is double-elimination or round-robin. Male and female divisions in-clude 10-under, 11-12, 12-13, 14-15, 15-17, 18-20, 21-30, 30-over, 6-foot and under and open (top

foot and under and open (top gun).
Entry forms are available at the Stevenson High Athletic office or the following area locations: Blockbuster Video, Taco Bell, Kentucky Fried Chicken, Hamp-ton Inn, Outheck Steakhouse, Contemporary Awards, Don Mas-sey Cadillac, Children's World Learning Centers, Danny's Foods, The Ground and General Cinetna, Bally's Vic Tanny, Sibway, MC Sporting Goods and Mette's Prin-tery.

All proceeds will go to the Stevenson Education and Athletic Fund. For information, call 523-9417.

#### SOFTBALL INFO

■ SOFTBALL INFO

Canton Softball Center is accepting registrations for its summer season, which begins June 29. The entry fee is \$485 per team. There are no residency requirements. The season consists of 14 games. Men, women and coed leagues are offered.

■ Canton Softball Center is offering Monday morning doubleheader leagues for teams and Individuals. The 20-game season begins July 19. The team foe is \$350. Call 483-5800, Ext. 102 for information.

483-5600, Ext. 102 for information.

I Canton Softball Center is accepting entries for the following tournaments: USSSA men's A-B NIT and men's C, E and church, May 29-30; Black NIT and USS-SA men's E qualifier, June 5-8; Struwberry Festival men's C and D/E qualifiers, June 11-13; women's many out tournament and USSSA men's E June, 26-27; WCSX/Bud Light men's B, C, D, and E Travel, July 3-4. Call above number for information.

# Consult doctor before exercise starts



MYRNA PARTRICH

I have a few fitness questions to ask. I want to start an exercise program. I am a woman of 42 years old and never excepts, Should I see a doctor before starting this program? Should I work out during my out during my

period? Is there anything special I should do or avoid at that time of month? avoid at that time of month? How many times a week should I exercise just to stay feeling

In answer to your first question
— Should you see a doctor before
starting an exercise program? —
absolutely!
It has been suggested that all
people, especially over 35 years of
age, should visit their doctor for a
routine checkup each year. This
is because, from the mid-30s on,
physiological problems such as
the incidence of hypertension,
heart disease and the effects of
smoking, begin to take their toll.
I myself believe in this theory,
When visiting the doctor yearly,

he should check for cardiovascular fitness. A routine EKG test is very helpful in determining your fitness level. Assuming you are healthy, knowing your fitness level knowing your fitness level before starting an exarcise program is very helpful. Ask your doctor to explain about your cardiofitness.

As I mentioned in one recent column, our cardiovascular system's endurance is defined as the capacity of the heart to deliver blood to our working muscles. The term cardiovascular fitness is a simple measure of our cardiocapacity. One of the important elements of total fitness is the measurement of the ability of your heart and blood vessels to carry oxygen to your muscles.

A fit person's lungs, blood vessels and muscles work much more efficiently and easily during exercise than do those of an unfit person.

If you plan to attend an exercise

person.

If you plan to attend an exercise program in a reputable studio or club, make sure to talk to the teacher and know exactly what you are getting into (to what degree is the intensity level of the cluster.

you are some gree is the intensity level of class).

I highly recommend a good beginner level exercise class. If it is weights you want, be very careful

BILL GADSBY'S Summer Hockey Schools

BOYS & ADULTS CLINICS

not to work with too heavy a weight. We have a nice, framed sign in our studio that eays: "We recommend you wist a doctor before starting an exercise program hers."

Your next question — Should you work out during your period? — of course, if you feel all right.

In fact, if you are the type to experience cramps, working out will help the cramps go away. Something about more oxygen intake along with the faster blood flow. I believe you should keep your life as normal as possible during menstruction. We women should not become victims of our monthly cycle.

I hear many women complain of PMS (pre-menstrust expended). The program was not provided to the program of the passable for a person starting a pacegram.

Exercising three times a week is passable for a person starting a program. Four times a week is even better for cardiovascular fitness, weight control, burning fat,

etc.

Some people have the need to exercise five to six times a week.

We people are exercise-sholics.

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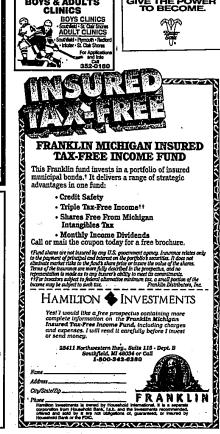
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