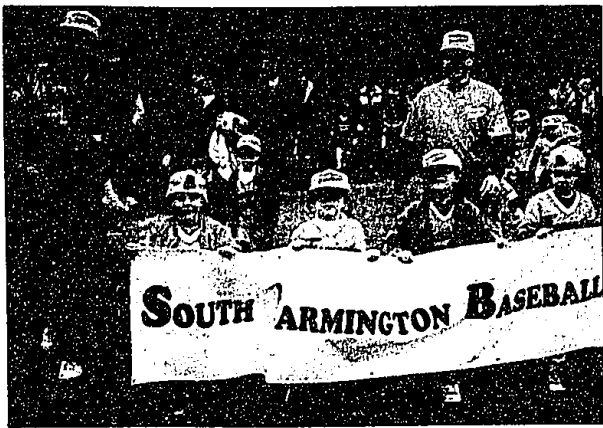
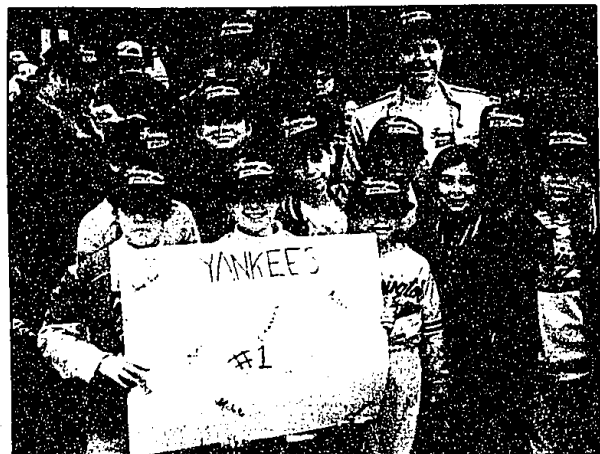


South Farmington season starts



Parade of players: South Farmington softball and baseball players (and their parents) took part in the annual Opening Day parade and ceremonies Saturday. T-Ball players (above) are the latest addition to the organization. The Yankees (below) are among the many softball teams. Nearly 1,400 boys and girls (ages 5 to 16) are participating in South Farmington's 25th season.

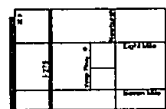


The Villas offers this spacious 3-bedroom home, den, 2 1/2 baths, custom oak cabinets, hardwood floors, custom stair railing and jacuzzi. Extra deep basement and custom home features in a maintenance free condominium lifestyle. Ready for your finishing touches. Take advantage of Builder's inventory reduction sale. \$242,000 value, priced for a limited time at \$219,000

38132 Vista Drive South, Livonia



The Villas
Additional sites available
(313) 953-0080



WEEKENDS 12-6
MON-FRI 1-5, CLOSED THUR

Do It Yourself and Save!

VINYL SIDING

\$34.95 per sq. ft.
SALE Colors Available 12" x 12" extra

Aluminum Coil Stock
24" x 50 ft.
White
+ 40 other colors
\$37.95 per roll

Aluminum Seamless Gutters
Run to any length while you wait.
6" 69¢ 6.27 Gauge
18 Colors in Stock Now

Aluminum Soffit
BVP-10 white and colors
\$52.95 per sq. ft.

Solid Vinyl Windows
From \$79.95 ea.
TRY in Easy Closing

SIDING WORLD

FREE Estimator Design Service

ALUMINUM SIDING
S20-019-white
Deluxe Quality
\$59.95 per sq. ft.
ON SALE

Custom Trim
Bring in your measurements. We will custom-fit your trim. Any color, any shape

DETROIT 4820 E. Light Mile Rd. Detroit, MI 48213-2002
PONTIAC 2457 Dixie Hwy. Waterford, MI 48093-0800
LIVONIA 30455 W. Eight Mile Rd. Livonia, MI 48150-0800
INKSTER 3000 Middlebelt (1/2 mi. S of Inkster) 738-0400
WYANDOTTI 1111 Eureka Rd. (1/2 mi. S of Wyandott) 264-7171
SAGINAW 1311 N. Michigan Rd. Saginaw, MI 48602-3440
CLIO 1130 Appleton Rd. Clio, MI 48820-4730

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 Monday edition).

■ SUMMER YOUTH LEAGUE

Hoopville, a new indoor basketball and volleyball facility in Farmington Hills, will be the site of a youth basketball camp for kids in grades 3-9.

The six-week camp will meet twice a week beginning June 20. The registration fee is \$75.

The first two weeks will focus on instruction, and the final four weeks will be devoted to games. Hoopville also has a summer special for high school students. All students can play on Tuesdays and Thursdays after 4 p.m. for \$4. Hoopville is open from 10 a.m. to midnight, seven days a week.

For more information, call 476-HOOP.

■ PISTON CAMP

Detroit Pistons rookie Lindsay Hunter will hold a one-week coed basketball camp at the Jewish Community Center in West Bloomfield. The camp will be Aug. 1-5 from 9 a.m. to 3:30 p.m.

Hunter, recently named to the NBA all-rookie second team, will teach fundamentals to campers

ranging in age from 6 to 16. Former Pistons coach Brendan Suhr will direct the camp.

For more information, call Brian Clayton in the Physical Education Department at 661-7679.

■ GYMNASTICS REGIONAL

Farmington Gymnastics Center gymnasts Paula Fuga (South Lyon), Audra Sliger (Novi), Missy MacRae (Northville) and Meredith Reavill (Novi) qualified and competed April 30 and May 1 at the USA Gymnastics Level 9 Regional in Connersville, Ind.

Fuga placed first in all-around, second on floor exercise, third on beam and sixth on vault. MacRae was first on floor, second on bars and fourth in all-around.

Sliger placed fourth on floor and in all-around, Reavill sixth on floor and 11th in all-around.

■ MODIFIED SOFTBALL

Rich Dinsmore's three-run homer Monday helped unbeaten Portland Building to its third straight win in the Livonia Modified Fast-Pitch Softball League.

Jeff Keifer, Dick Saylor and Pat Malone had three hits apiece as Portland Building routed St. Gerald's 14-1.

Dinsmore and teammates Tom See, Lee Harrison and Jim Brady finished with two hits apiece.

In a showdown between unbeaten teams, Portland Building

and All-American Sports Center will play at 8:35 p.m. Monday at Ford Field.

■ CHARITY RUN/WALK

The Twelve Oaks '94 Challenge First Charity Run/Walk will be Sunday, May 15, on the paved roads around the Novi shopping center.

All proceeds will go to the Exceptional Equestrian Foundation, a therapeutic horseback riding program for people throughout the Detroit metro area with physical, mental or emotional disabilities.

The race, a cooperative effort between Twelve Oaks and Hudson's, will include a 5-kilometer run (starts at 8 a.m.) followed by the 5K and one-mile walks (starts at 8:30 a.m.)

Early registration is \$10 for the 5K walk and run and \$3 for the one-mile fun walk. Late registration fees are \$12 and \$5. 94 Challenge T-shirts cost \$5. For information call 810-348-9438.

■ BENEFIT CAR WASH

The Farmington YMCA will have a car wash beginning at 8 a.m. Saturday, May 21. The minimum donation is \$2. The money will go to the YMCA Leaders Club, which sponsors community service projects. The YMCA is at 12 Mile and Farmington roads.

Diet, exercise complement each other

EXERCISING OPTIONS



MYRNA PARTRICH

about this?

From an exercise statement, it is very true. When it comes to exercise and food, there is a special biochemical synergy — sort of a ying and yang.

If you exercise regularly (or almost regularly), your workout is greatly affected by the food you eat. Your motivation to exercise is

also affected.

When you exercise your body calls out for carbohydrates rather than fat. For example: You can ask any runner after an activity if they would like a piece of cake, cheese or ice cream and their answer will most likely be "I'll have a bagel or a banana." After working out, fatty foods just do not feel appetizing.

A sedentary person, however, might enjoy a "freak of fat."

The more you eat, the less you feel like exercising. A higher fat to total calorie ratio lowers your metabolism, so the calories you take in will stay and turn to fat cells.

The more fat cells (as well as body weight), the more sluggish, fatigued and less inclined than ever to exercise. This is not a pretty picture!

Doctors, dietitians, exercise experts, all agree that focusing on

diet alone is counter productive.

On the other side, if you restrict your calories too much, your metabolism will shut down.

If your parents are health conscious people, you probably eat a well-rounded diet consisting of lots of fruits and vegetables and little fat. Your parents might drive you a little crazy, but you have learned good eating habits that will assist you in a lifetime of good health.

I consider this gift of good eating an asset you might put in your back pocket forever.

Myrna Partrich is 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. Send your questions to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham. 48009.

THE WORLD'S MOST CONTROVERSIAL TEACHING METHOD.

It's too simple to be believed. Too powerful to be ignored. It's the same method that famed golf coach Jimmy Ballard taught to Gary Player and Curtis Strange. Still, there are those who think it's impossible to improve your swing so easily. Jim Colbert isn't one of them. And he's got the 1993 Senior Players Championship to show for it. It'll take just four hours and \$83 to decide for yourself. Space is limited, so call now. (313) 513-5344

COLBERT-BALLARD LEARNING CENTERS

Club Golf
Livonia

Augusta Pines
Golf Center
Ypsilanti

Tanglewood
Golf Club
South Lyon

GBTee's
Golf World
Sterling Heights

Highland
Golf Range
Milford