

# RECREATION CENTER

The Observer & Eccentric publishes the "Recreation Center" every Sunday in Sports. To submit results of competition, items for the Rec Roundup or local story ideas, call staff writer Chris Meyer at (248) 901-2589, fax him material at (248) 644-1314 or write to him at: The Observer & Eccentric Sports Department, 805 E. Maple, Birmingham, MI 48009.

## Stopen captures another title; Summer Challenge Relay set

First place has been a familiar place for Keith Stopen this spring.

The Farmington Hills resident took first overall at last Saturday's 1998 First of America Half-Marathon in Ann Arbor, clocking a time of 1 hour, 6 minutes, 38 seconds.

Stopen captured his third West Bloomfield Half-Marathon crown in April and was the state's top 25K finisher at the Old Kent River Bank Run in Grand Rapids May 9.

A number of Eccentric-area runners competed in the First of America event, which included five- and 10-kilometer races.

Among the standout performers in the half-marathon was Farmington's Jay Hilcher, who placed ninth overall in 1:11:23. Kathy Rink of Bloomfield Hills was 49th overall (1:22:36). Peter Polidori of Bingham Farms won the 5K (30:00). Donna Olson of Bloomfield Hills crossed first in the women's 45-49 age group (1:37:33) and Birmingham's

Susan Lockman won the women's 18-24 age group (1:34:10).

In the 10K, Birmingham residents Perry Badia (men's 35-39) and Fred Hagen (men's 65-69) won their respective age groups. Badia, who was 23rd overall, clocked a 34:55 and Hagen a 49:26.

Rochester residents Laura Murphy and Earl McWilliams and Farmington Hills' Martha Ritchie likewise claimed age-group titles in the 5K. Murphy received an 18:34 to take the women's 30-34 crown. McWilliams clocked a 16:34, good for sixth overall, to take the men's 40-44 title, and Ritchie won the women's 45-49 championship with a 21:38.

Lynda Kennedy of Rochester Hills was second in the women's 35-39 group (20:04) in the 5K.

The 2nd Annual Summer Challenge Relay is right around the corner. The event, presented by Rochester-based R & D Race Directors, kicks off at 7 a.m. Saturday, May 31.

The relay is a unique blend of two of the toughest and demanding recreational sports around - running and biking. The course will take athletes

over some of the most scenic roads in northern Oakland and Macomb counties. Each team member will be responsible for at least five miles of running and 10 miles of biking.

Last year's inaugural event was a huge success, despite a vicious thunderstorm that ripped through the finishing area on the Oakland University campus as many of the 16 teams were coming in.

Team Metro Bikes finished first in 8 hours, 35 minutes, 27 seconds. Oakland County Posse was second in 8:38:45.

The relay is also designed to raise money for The Rainbow Connection, a non-profit organization that grants wishes to children with life-threatening illnesses.

For more information, call R & D Race Directors at 1-800-753-9820. Or go on-line at [www.runmichigan.com/summerrelay](http://www.runmichigan.com/summerrelay).

The annual Beverly Hills Lions Club Run will be held Memorial Day at Beverly Hills Park. The two-mile run featured another strong field as indicated by the list of male and female age-group winners. They are as follows:

Male age-group winners - Kevin Sherwood; Mike Stone; Fred Hagen; Marty Povirk; Jonathan Hilpakka; Kevin O'Reilly; and Eric McComas.

Female age-group winners - Linda Brooker; Kathy Gerwin; Carol Lantz; Brandy Bayman; Sarah Saty Kiel; and Emily Baughman.

Female Green of Auburn Hills and Susan Szczesny of Southfield were big winners at the 1998 VFW Memorial Day 5K in Romeo.

Green took home the overall title with a time of 15:52 - he finished 23 seconds ahead of runner-up Adam Cross - while Szczesny was the top female finisher with a time 21:15.

In the men's race, Todd Kelly of Troy (fourth, 16:59), Brian Lindensmith of Rochester (fifth, 17:13), David Zurhede of Troy (16th, 20:37) and Morris Burley of West Bloomfield (20th, 20:59) secured top-20 finishes.

Barbara Sarow of Auburn Hills was the seventh-fastest female with a 25:52. Tamara Fritz of Bloomfield Hills was 10th in 24:33 and Gina Kell of Rochester Hills came in 16th in 27:53.4.

## PizzaMan Series will be a unique venture

If you have a fondness for pizza, the 1998 Domino's PizzaMan Series may be worth checking out.

The unique event, sponsored by Domino's Pizza and benefiting the Easter Seals Society of Michigan, is the creation of an Ann Arbor-based event management company called Athletic Ventures, L.C. The series features triathlons, open water swims and a trail run. And to top it off, one lucky grand prize winner will enjoy free pizza for one year.

"This is the first year for the PizzaMan Series and we're really excited about it," said Ann Boyd, co-owner of Athletic Ventures, L.C.

There are six races in the series: two triathlons; three open water swims; and a five-mile trail run. The first race - the Ann Arbor Triathlon, Duathlon & Relay - is scheduled for Sunday, June 7 at Halfmoon Beach. See the chart at right for complete details.

A second triathlon is set for Sunday, June 26 at Big Portage Lake in Waterford, while the three open swims will go off July 3, Aug. 7 and Sept. 7 at Silver Lake in Pinckney. The series concludes Sept. 7 (Labor Day) with the Domino's Fall Trail Run.

Awards will be presented in each age division (at least three deep) of each race.

The grand prize, however, revolves around participation, not wins. For each race entered, one ticket with your name on it will go into the PizzaMan Prize Hat - your name goes into the hat six times if you participate in all six races - and at an awards ceremony following the trail run one ticket will be drawn and that person wins one large Domino's pizza per month for the next year.

Entry forms and race information can be found at Athletic Ventures' impressive website: [www.athleticventures.com](http://www.athleticventures.com). Additional details can also be obtained by calling (734) 332-3981 or (734) 682-1000.

**ANN ARBOR TRIATHLON, DUATHLON, & RELAY**  
WHERE: Halfmoon Beach, Pinckney Recreation Area, Dexter, MI, from 194 Baker Road east, go north into Dexter. Turn left at the stop light, go through Dexter to the intersection of Dexter-Pinckney Road and Island Lake Road. Go straight on Island Lake Road to Dexter Town Hall Road, turn right. Go north to North Territorial Road and turn left. Go west to Halfmoon Road and turn right. Halfmoon Beach is approximately 3.75 miles north on Halfmoon Road.  
TRIATHLON COURSE: Swim - 1 mile clockwise course in Halfmoon Lake with white floats; Bike - 14 mile loop course on rolling, paved country roads; Run - 4.5 mile trail run on the Potawatomi Trail.  
DUATHLON COURSE: Run - 2 mile mixed trail and road run; Bike - 14 mile loop course on rolling, paved country roads; Run - 4.5 mile trail run on the Potawatomi Trail.  
TIMES: Saturday, June 7 - 8:00 a.m. to 7:00 p.m. registration and packet pick-up; Sunday, June 7 - 6:00 a.m. to 7:30 a.m. packet pick-up; 8:00 a.m. first wave starts.  
PARK PERMITS: A State Park sticker is needed to enter Halfmoon Beach. A one-day permit can be purchased Saturday at race registration or Sunday at the park entrance. The one-day permit is \$4.00.  
USA LICENSES: A USA license is required to participate in the Triathlon, Duathlon, or Relay. A one-day or an annual license can be purchased Saturday at registration. The one-day fee is \$5.00, while the annual fee is \$25.00 for adults and \$15.00 for youth (15-18).  
REGISTRATION LOCATION: Registration will be held at Athletic Ventures World Headquarters, 1708 Kestrel Way, Ann Arbor, MI. (Off Sciou Church Road, one quarter mile west of Wegner Road.)  
ENTRY INFO: Must be 15 years of age or older to compete. Visit [www.athleticventures.com](http://www.athleticventures.com) or call (734) 332-3981 or (734) 682-1000 for specific fees.  
DIVISIONS: Individuals - Female and Male by age group: Athletes (females 150 pounds and over); Cyclists (males 150 pounds and over); Relays - Female, Male, and Mixed (3 persons on a triathlon team and 2 persons on a duathlon team).  
AWARDS: At least three deep in each age division and relays and two deep in both men's and women's divisions.  
AGE GROUPS: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-over.

## GOLF TOURNAMENT RESULTS

**WOMEN'S METROPOLITAN GOLF ASSOCIATION**  
(May 27 at Heather Highlands)  
**CHAMPIONSHIP FLIGHT**  
Low Gross - Janina Jacobs (St. Clair Shores), 40-38-78; Second - Deb Robert (New Baltimore), 41-40-81; Low Net - Judy

Kovalick (Bloomfield Hills), 86-15-71.  
**1st FLIGHT**  
High Gross - Shirley Estabrooks (Milford), 50-43-93 and Pat Meyers (Birmingham), 46-47-93; Second - Delores Hartwick (Madison Heights), 49-45-94 and Judi Stutzman

(Huntington Woods), 47-47-94; Low Net - Lynn Paulin (Fint), 96-18-77.  
**2nd FLIGHT**  
Low Gross - Doris Rudd (Clinton Township), 61-42-93; Second - Vicki VanBeeklaere (Clinton Township), 60-47-97; Low Net - Beverly Suddath

(West Bloomfield), 102-23-79.  
**3rd FLIGHT**  
Low Gross - Julia Cova (Howell), 49-49-98; Second - Jo Pashek (Madison Heights), 52-50-102; Low Net - Dolly Vettese (Northville), 104-25-79.  
(Next: June 3 at Oak Ridge)

## Laser from page D5

a scalpel. The laser pulses then reshape the surface of the cornea. LASIK takes 15-20 minutes to complete.

"During the surgery itself, the patients don't feel anything," Wallace stated.

After the pre-surgery numbing eye drops wear off, the patient might feel like he or she is having a bad contact lens in their eye for 24 hours or so. Or in some cases they get a gritty-type feeling in their eye, according to Wallace.

"With the PRK we like to say good vision in a week or great vision in a month," Wallace said. "With LASIK the gritty feeling is gone in about seven or eight hours, so we say good vision in a day or great vision in a week."

Once the surgery is done the patients need only take it easy for a couple of days.

That includes some rest, medication and eye drops. They are also expected to keep their appropriate follow-up appointments and/or monthly visits, said Wallace.

TLC finds candidates for the surgery in about 90 percent of the patients they see. The rare exceptions are those who have

only one healthy eye, extreme myopia or a thin cornea.

"If they have any other eye diseases at all we don't want to jeopardize the situation," Wallace explained.

The cost for the surgery, which isn't always covered by insurance carriers, is \$2400 for the LASIK and \$2000 per eye for the PRK.

"Patients have to look into exactly what their own insurance allows, but I know some health insurances cover it," said Wallace. "Like the Detroit Police and Fire Department see it as an occupational health benefit."

The average TLC patient is a male or female between the ages of 35 and 45 who want to give up their glasses for good. Most patients opt to have both of their eyes done at the same time.

Recently, a similar surgery for those suffering hyperopia or farsightedness has been introduced but has yet to be approved by the FDA in the U.S.

In lieu of that approval, the physicians at TLC manage and pre-qualify patients for the surgery and appoint a surgeon to the task before sending the

patient to a sister clinic in Windsor, Ontario, Canada.

"In many ways the treatment of farsightedness is even more of a miracle than the treatment of nearsightedness," said Dr. Jeffrey Machat, internationally renowned refractive surgeon and Medical Director for TLC Inc. "TLC has performed hyperopic laser treatment on hundreds of patients who have experienced significant improvements in their vision."

Touting their center as "the place where doctors go for laser surgery," Wallace relays that he has had the procedure himself adding, "We all want that freedom from glasses and contacts too."

To those considering the surgery, Wallace recommends they trust the opinion of their own eye doctor and get a recommendation to the center if possible. Those who don't have a regular doctor are welcome to call the center directly for a consultation.

To contact TLC for an appointment, call (248) 489-0476. The center is located at 34405 W. 12 Mile Road, Suite 154.

## Banda from page D5

The most common treatment performed in the dental office is a bite splint - a mouth guard specifically created to protect the muscles and teeth from damage that can be caused by grinding. A bite splint is a hard or soft plastic device fitted on the upper teeth, lower teeth or both in order to change bad bite relationships, mask interferences, or act as a cushion to decrease the amount of grinding force generated by the jaw muscles. Therefore, teeth grind against plastic instead of teeth against teeth. The bite splint patient wears down the plastic instead of chipping or wearing the teeth. And that's a much more comfortable alternative.

Bite-splint therapy often may be all that's necessary to resolve the negative effects of grinding. Some grinding patients also

require a bite adjustment by their dentist. This procedure, usually performed after the jaw muscles have relaxed with bite-splint therapy, may remove minor bite discrepancies that can contribute to damaging grinding.


In more severe cases of bite discrepancies, crowns (caps) may need to be placed on certain teeth to change the bite permanently. In a few situations orthodontic therapy (braces), in conjunction with jaw surgery, are necessary to improve the most severe bite and jaw-size discrepancies.

Overall, grinding can cause toothaches, chipped, broken or worn teeth, jaw muscle aches or jaw-joint pain. It most frequently occurs at night while sleeping.

Your dentist can often treat

the problem quickly and effectively with one or more of the methods described above. The key is early detection and early treatment, so don't delay. If you or someone you know is a tooth grinder, a consultation with a dentist to explore your options is the smartest first step to take.

(Dr. David Banda is a general dentist in Bloomfield Hills. He graduated from the University of Michigan and is a member of the American Dental Association, the Michigan Dental Association and the Oakland County Dental Society. His column will appear every other week in the Health & Fitness section. Send questions or comments for Dr. Banda in care of staff writer Chris Meyer at: The Eccentric Newspapers, 805 E. Maple, Birmingham, MI 48009.)



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