

# Amateur sports hall to honor Ann Setlock

Ann Setlock, day manager of Garden Lanes in Garden City, has been nominated for a place in the Michigan Amateur Sports Hall of Fame and, if elected, it will be the fourth such honor to come her way.

A member of the legendary Colonial Broach team when the women's all-star leagues were organized, she was the leader of the group for 12 years. Since her retirement from competitive, all-star bowling, she has been inducted into the Polish-American Hall of Fame.

During her career she bowled on Colonial Broach team that won the national team title in 1957 and 1959. She also was a member of the city champion team and won the state all-events in 1958. In 1970 she rolled a sanctioned 776 series that stood as the state record until a year ago.

The induction banquet will be held at Athena Hall on Tuesday, Oct. 25.

AT WONDERLAND LANES there was a close finish in the men's trio when Lou Cristiani rolled an 850 series to beat out Dennis Seaman by eight pins. Seaman had high single with a 230.

WOODLAND LANES' Ken Schmoltz took scoring honors for the

## in the pocket

by W.W. Edgar

past week with a 953 series in the trio league. He had a 377 opener. His closest rival for top scoring was Frank Hassell, who fired a 951 in the men's 700 league.

WESTLAND BOWL'S Carol Cameron inserted a 238 game in a 652 series to take scoring honors in the mixed trio league.

In Monday morning men's league Mark Boone was top man with 615 that included a 236 game. Don Cherry was 15 pins back in second place with a 231 in his 600. High single went to Scott Wilson with a 269.

There are still a few openings in the Sunday mixed league and the league starts the Sunday after Labor Day.

REL-AINES Larry Franz is fast becoming one of the ball around bowlers in the area. He swished almost every week and still tops the field. This time he fired a 904 series on games of 207, 267, 195 and 235.

# Freedom from pain

## Area doctor gives injury prevention tips

By Marty Budner  
staff writer

### football

day's second practice session.

After two weeks of intense double sessions, followed by another rigorous week of heavy intra-squad hitting, the youthful bodies start to absorb some nagging aches and pains.

WHILE MOST prep football players have a high resiliency to pain, an abundance of caution must still be observed. "Given proper warm-up time, given good strength and muscles, and given good awareness of potential problems, that's when (players) will be able to minimize some type of major injury," said Dr. James M. Dankovich.

Dankovich and Dr. David A. Kirsch, partners in the Birmingham Chiropractic Clinic and specialists for the past three years in sports medicine, offer these practical tips for avoiding potentially serious injury.

The bottom line is conditioning. "A balanced program of weight training coupled with stretching exercises is

very important," said Dankovich.

Be aware of heat prostration. "Sufficient fluid — water is the best — should be absorbed both before and after playing," said Dankovich. "Be aware of basic symptoms like dizziness and nausea."

Attain a proper diet. "Stay away from the hard-to-digest fatty foods which require energy. Try a complex carbohydrate diet."

Be sure you've undertaken a proper physical exam. No explanation needed.

DANKOVICH, a running enthusiast who graduated from Birmingham Seaholm High School, says conditioning is an absolute must. He stresses proper muscle balancing — making sure all muscles are relaxed and stretched before heavy workouts.

"Probably the biggest key to maximizing an athlete's potential is to balance the muscles out," said Dankovich. "A muscle-bound person can't bend the arms and legs fully. They have to stretch out and not start out with cold, inflexible muscles."

Dankovich said regular water is the best way to replenish your system with liquids. He indicated that brand name items such as Gator Aid would also serve the purpose.

In dieting, Dankovich and Kirsch stress carbohydrates.

"You should increase the amount of

complex carbohydrates like whole wheat bread, rice and whole wheat cereals," he said. "Simple carbohydrates like potatoes will give you short-term energy, but not the long-term strength that athletes require both in training and the game."

Dankovich and Kirsch also had these dieting tips:

- Increase the consumption of fish, fowl and legumes (beans) and decrease the amount of red meat.
- Increase the amount of fruits and vegetables.

THEY SAID the most common type of football injuries are to the neck, lower back and knees.

Constant shoulder and head contact, they said, has a tendency to jam the cervical spine. And, there is a natural stress and strain on the body from simply falling down through contact.

Kirsch and Dankovich said signals like numbness in the arms and severe headaches are possible symptoms of long-term body damage. They would advise immediate treatment just as a precautionary measure.

"Once things cool down (after a practice or game), you're body may start to feel the effects of what happened over the past 24 hours," said Kirsch. "Any time you get radiating pain from your body you should have it checked out. That could be a tell-tale sign of future problems."

"It could be something that, if you don't take care of it right away, you could have problems the rest of your life," he said. "You have to do something before it becomes severely chronic."

## Wayne-Ford Civic makes pitch in Koufax tourney

Early Wednesday morning, a group of 13- and 14-year-olds from Westland departed on a trip they hoped would be a lot of fun.

And although winning may not be everything, it would certainly add to the enjoyment of this group of baseball players from the Wayne-Ford Civic League (WFCL).

The team was en route to Knoxville, Tenn., for the American Amateur Baseball Congress (AABC) Sandy Koufax World Series. The double-elimination tournament starts today, featuring the best of the 13-14-year-old teams.

Included in the nine team tournament are squads from Pico Rivera, Cal.; Dallas, Texas; Puerto Rico; Ridgewood, N.J.; and the host team, Knoxville. Others were still to be decided.

WFCL will meet Knoxville tonight at 7 p.m. in the city's minor league stadium.

WFCL EARNED a return-trip to the tourney — a year ago they won their World Series opener before losing to Brooklyn, NY and Puerto Rico — by capturing the eight-team regional tournament. It hosted Aug. 3-8.

"I don't know how to compare the two teams," coach Russ Lampert said of his pair of champions. "Last year we relied on power hitting. This year we're a little better bat contact team."

"I think we'll go down there with some good pitching, though."

And that's always important in tournament play. It was in the WFCL regional victory.

THREE TEAMS reached Saturday's (Aug. 6) final round with 3-1 records. WFCL drew the bye into the last game and, after North Farmington/West Bloomfield (NFWB) disposed of Sterling Heights, 7-1, WFCL eliminated NFWB in the championship by a 2-1 margin.

WFCL got both its runs in the opening inning on RBI singles by Ray Vogt and Bill Barber. Barber provided the heroics both at the plate and on the mound, firing a brilliant one-hitter while striking out 11.

That win brought WFCL's record to 28-2 for the season.

ON FRIDAY, Sterling Heights topped WFCL, 5-3. Prior to that contest, WFCL beat NFWB, 7-5.

Jeff Decker's two-run double in the top of the seventh proved to be the game-winner for WFCL, giving the team a 7-3 lead at the time. Ronnie Way fought off a late NFWB rally for the pitching win. Rick Tavormina knocked in two runs with a hit and a sacrifice.

Mike Hammon's three hits and three RBI and two hits and two RBI by Jim Kenyon supported Barber's fine pitching in an 11-3 triumph over Grand Rapids in a game halted after five innings by the mercy rule Thursday.

On Wednesday (Aug. 3), WFCL opened the tournament with Shawn Dunford's stunning two-hit 1-0 shutout of Ann Arbor. Tavormina clubbed a bases-loaded single in the bottom of the seventh to drive in the game's only run.

## Compuware qualifies

Manager Tim Hawkins of Plymouth Compuware believes in his team.

So much so that he calls this year's modified softball squad "the best we've ever had."

"We have a good chance of winning the national title," he said. "We were third in 1973, and our last appearance was in 1981."

Compuware qualified for a Labor Day weekend trip to Austin, Minn., by winning the three-team Metro Detroit ASA regional last week at Plymouth's Massey Field.

The Plymouth Parks and Recreation (Tuesday-Thursday league) Class A champs rolled past rival Thornapple Valley in the championship game of the double-elimination tournament, 10-6.

Compuware broke the game open with seven runs in the second inning on eight consecutive hits. Catcher Dave Brubaker and shortstop Jim Lawson highlighted the surge by slugging back-to-back homers.

RIGHT FIELDER Rick Dreher added two hits for the winners. He was 4-for-4 during the two-game set.

Steve Karas, meanwhile, led Thornapple with two hits.

### softball

Al White recorded the pitching victory, beating Ken Casey.

In opening round action, Dreher's two-run homer in the sixth inning gave Compuware a 4-1 victory over Thornapple.

White tossed a five-hitter. The 36-year-old veteran hurler fanned six and walked one in going the distance.

Thornapple, which will play in a Maryland tourney later this month, stayed alive in the regional by beating Trading Post twice.

Compuware takes a 36-5 overall record into an Aug. 27-28 tournament in Portofino, Ohio.

ROUNDING OUT the squad are Keith McManaway, the team's leading hitter, Bob Duncan, Charlie Johnson, Wayne Hamilton, Curt Richards, Don Dreher, Bob Hiding, Dan Petrie, Bob and Bill Lawson, Ron Ray, Mike Jeffries, Don Cookrite and assistant coach Steve Brinsco.

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