

Darnell primes for Premier test

By Brad Emmons
staff writer

Livonia boxer Steve Darnell got a taste of the military life without being drafted, spending the past 24 days at a training camp near Fayetteville, N.C.

"No McDonald's, two meals a day, the nearest phone was 10 miles away and no girls," said Darnell, an 11-0 middleweight who will step into the ring Tuesday night against Cincinnati's Jeff McCall in scheduled eight-round at the Premier Center in Sterling Heights.



Steve Darnell in top condition

"I was crying the blues," he said. "But it was good for me and everything worked out well."

Darnell, a 158-pounder, said he arrived back home in best condition of his life and is ready to face three quality opponents in span of four weeks.

"I ran four miles daily — 10 on Saturday — and did some sparring," he said. "It was worse than boot camp in the Army, but it got me in shape. It can do nothing but help."

Darnell, the No. 3-ranked middleweight in the state, is facing a fighter in McCall who sports a 15-2 record, including 11 knockouts.

"HE (McCALL) is an excellent boxer," Darnell said. "He's in excellent shape and can slip a lot of punches. He's also dangerous with the right hand."

"It's a risky fight for me because I want everything to go smoothly. It's going to make me or break me."

If Darnell gets by his opponent in good shape, he'll be on the Hagler-Mugabi undercard Monday, March 10, at Caesars Palace in Las Vegas. (Detroit's Tommy Hearns is also on the card). Then, he'll take to the ring again a week later (March 17) in Los Angeles, Calif., card featuring Detroit middleweight Lindell Holmes, the state's top-ranked middleweight.

"I can't get any cuts or get banged up (against McCall)," Darnell said. "I have to beat him convincingly and travel from there."

Madio Corradi, a Bloomfield Hills businessman, arranged for Darnell's boot camp training and was instrumental in booking his next three fights.

"HE (CORRADI) has backed me to a T," said the Livonia boxer. "He pays my bills and is an A-1 manager. He decided he needed me to get in top physical shape. He has a lot of contacts around the world and he arranged to get me in camp."

Tuesday's card at the Premier Center begins at 8 p.m. Tickets, available at Westland Cleaners, are \$100, \$50, \$20 and \$10. (For more information, call 427-3460).

The main event features a super-middleweight bout between Holmes and Bay City's Murray Sutherland, the U.S. Boxing Association champ. The state junior welterweight title is also on the line between Glenn Smith of Bay City and Alex Bird. Erskine Wade, the state featherweight and lightweight champ is also scheduled to appear. The card will be telecast live on the Pro-Am Sports Station (PASS).

Ex-Marlin sets mark

Tracy Johnson, a graduate of Farmington Hills Mercy, has established a Notre Dame varsity record in the 50-yard freestyle.

The freshman swam a 24.98 in the 50 free against Bowling Green.

"She's a very talented swimmer, we are just beginning to learn the extent of

her abilities," said Notre Dame swim coach Tim Welsh in a South Bend newspaper article. "Tracy is a tall girl who is learning to take advantage of her size."

She was an all-Catholic League swimmer four straight years at Mercy.

North tankers cruise

North Farmington's 115-55 swim victory against rival Farmington Thursday was the team's "best meet of the year" according to coach Pat Duthe.

"We had people taking big drops in just every event," Duthe said. "The kids had a lot of fun out there."

The Raiders' 400-yard freestyle relay quartet of Craig Burland, Dan Mannisto, Mike Butti and Mike Tumey established a Farmington pool record with a 3:21.0. Farmington had held the old mark with a 3:24.0.

Individually, Tumey won both the 200 freestyle (1:46.9) and the 500 free (4:48.5). Burland won the 200 individual medley (2:12.9). Butti touched on Mannisto to win the 50 free, each swam a 22.0.

Leo Leiberman won diving for North (139.5). John Stockdale won the 100 free (57.1) and Kevin Lee won the 100 breaststroke (1:08.4).

Bruce Golis, Jordy Greenstein, Andy Fretz and Scott Begun won the 200 medley relay in 1:51.2.

For the Falcons, winless this season, Jim Vik won the 100 butterfly (55.1) and Kevin Hawkins won the 100 backstroke (59.6).

North's dual meet record is 10-2.

Falcons even score with North

By Chris McCooley
staff writer

In terms of its effect on the Western Lakes standings, Thursday's basketball game between North Farmington and Farmington was virtually meaningless.

But the way the two teams went at each other, you might have thought lives were at stake.

"It's a rivalry," said Farmington coach Rick Roy, whose team came out on top 56-48. "They whipped us so bad at their place (earlier in the season), I think the kids were looking to get even."

Elbows were thrown, bodies were banged and floor burns were incurred. But the final analysis was simple: Farmington made the key shots and North didn't.



RANDY DORST/staff photographer

Bruce Kratt of Farmington puts the heat on North Farmington's Mike Rudin during the Falcons' 56-48 win Thursday night.

"We shot much better than we did last time," Roy said. "We shot terrible out on top 56-48. They whipped us so bad at their place (earlier in the season), I think the kids were looking to get even."

THE FALCONS made 20 of 45 shots from the floor, including a tasty five of eight in the final quarter. They made good on 18 of 23 free throws.

North, contrastingly, hit 15 of 41 shots from the perimeter, eight for 12 from the line.

"I don't think intensity was a problem," North coach Tom Negoshian said. "We just missed the buckets down the stretch. We didn't take bad shots, we just couldn't get them to drop."

One Raider who got his shots to drop was senior Rick Anderson. With Eastern Michigan University's head basketball coach Ben Braun and his coaching staff in attendance, Anderson hit 11 of 19 shots and finished with 22 points. He also pulled in an impressive 16 rebounds.

Paul Wahrman played a strong game as well for the Raiders knocking down 18 points.

THOSE EFFORTS were offset by Farmington's inside-outside duo of Bruce Kratt and Kyle Mutz. Mutz (Mr. Inside) finished with 22 points. He also scored a spectacular block of an Anderson shot in the fourth quarter. Kratt (Mr. Outside) scored 21. He also played a hustling floor game.

badgering North at the defensive end and on the glass.

Kratt got the Falcons off to a 19-12 lead with nine first-quarter points. Farmington maintained the seven-point lead at half (27-20), despite hitting just one field goal in the second quarter.

"I thought that against Northville Tuesday, we were terrible on the offensive glass," Roy said. "Tonight we were just the opposite. Kyle and Craig (Petersmark) did an outstanding job for us, particularly early on."

North got within a point early in the third quarter, 29-28, and trailed by four going into the fourth, 40-36. But five points by Mutz and a pair of bounces from the top of the key by Tony Rakka and Farmington led 49-40 with 3:59 left.

The Raiders could only get as close as five points the rest of the way, although they had two opportunities to pull within three.

"They got us to play panicky all through the game," Negoshian said. "We like to run and gun when we want to, but we weren't able to control the tempo. We knew Farmington would be tough in their own gym. They were up for us — give them credit."

North is now 8-8 in the Western Lakes, 10-8 overall. Farmington improves to 7-9 in the league, 9-10 overall.

Harrison's win sets school victory mark

The 1986 Farmington Harrison basketball team won one for the record books Thursday night.

The team's 68-59 home-court triumph over Walled Lake Western was its 16th win of the season — the most wins ever by a Harrison team in a single season. The 1980-81 and 1984-85 teams sported 15-6 marks.

The Hawks built a 33-22 lead by halftime, then had to fend off Western's second-half surge.

It was a ragged game," Harrison coach Mike Tochanman said. "We got up by 11 or 12 and then started making mistakes to let them back in the game. We were off today, our game day routine was off."

Will Lund led the Hawks with 17 points and 11 rebounds. Ken George added 16 points and five assists. Rod

Sarcevich chipped in another 14 points and eight rebounds.

BILL OTTO made a strong contribution off the bench for Harrison, scoring seven points, dishing out five assists and making four steals. Sam Shanbrot also played a key role off the bench. He scored four key points in the third quarter to stymie Western's rally.

Western, 6-10 in the league and 7-12 overall, got a 19-point effort from senior Jack Thorne.

Harrison is now 14-2 in the Western Lakes and champions of the Western Division. The team is 16-2 overall. The Hawks will host Lakes Division champ Westland John Glenn Friday in the Western Lakes championship game.

the week ahead

PREP BASKETBALL
Thursday, Feb. 25
Brim, Seaboard at N. Farmington, 7:30 p.m.
Redford Union at Farm. Horizon, 7:30 p.m.
Lincoln Park at Garden City, 7:30 p.m.
Lee, Fordson at Red. Thurston, 7:30 p.m.
D.H. Ann Arbor at Clearview, 7:30 p.m.
Bishop Borgess at UD-High, 7 p.m.
H. Henry Ford at Catholic Cent., 6 p.m.
St. Agatha at Red. St. Hedwig, 7 p.m.
Ply. Christian at Detroit Temple, 7:30 p.m.
Thursday, Feb. 27
Goshop Borgess at Taylor Tuxen, 7:30 p.m.
UD-High at Catholic Central, 7:30 p.m.

Del. Holy Redeemer at St. Agatha, 7:30 p.m.
Friday, Feb. 28
Ply. Seaboard at Northville, 7:30 p.m.
N. Farmington at Ply. Canton, 7:30 p.m.
Farmington at Liv. Church, 7:30 p.m.
Liv. Stenerson at Liv. Franklin, 7:30 p.m.
Monroe at Wayne Memorial, 7:30 p.m.
Eddle Ford at Redford Union, 7:30 p.m.
Garden City at Clearview, 7:30 p.m.
Red. Thurston at Melvindale, 7:30 p.m.
Ply. Christian A.A. Greenhills, 7:30 p.m.

Retro running catches on

Continued From Page 1

- balances the muscle development of the legs by reversing their use;
- helps improve muscle flexibility;
- could aid in reducing lower back, knee and hip pains associated with forward running by using ankles as natural shock absorbers and running in a more upright position.

Of course, the obvious drawback is that no one running backward is safe, considering they can't see where they're going. But Austin claims that retrorunning has helped him develop his other senses, like his peripheral vision and hearing.

Two things are noteworthy in regards to retrorunning: First, it should be done on a flat surface; and second, it should not be the only training technique, but instead a complementary form of exercise.

Austin suggests about five minutes of

retrorunning for every 20 minutes of forward running.

HIE ISN'T sure whether the program will take root in Detroit did integrate it into the University of Kentucky's football training program last year and, while the team didn't improve, leg injuries like hamstring pulls were fewer, he said.

Sill, Austin lacks the necessary credentials to convince experts. "I go out of my way to get doctors' opinions, even though they don't know as much as I do about it," he said. "I need their credentials, but also I need to consult with them, to ask them questions."

It makes his task that much more difficult, but Austin is willing to make the sacrifice. "Financially, yes, it would be nice to get something out of this," he admitted. "But right now, the important thing to me is to be right."

Lady Lakers sophomores riddle Pioneers

Oakland University women's basketball coach Sue Kruszewski has often noted that one reason the Lady Lakers are so inconsistent is their youth. After all, Kruszewski says, she starts three sophomores, a freshman and a junior.

Well, youth doesn't seem to bother Grand Valley State. True, the Lakers aren't quite as young as the Lady Pioneers. They have three sophomores and a pair of seniors in the starting lineup.

But it was the trio of sophomores that did the damage in GVSU's 83-73 victory Thursday at OU. Rene Antrim, Jill Meerman and Sue Polus combined for 32 first-half points as the visitors shot to a 44-40 lead at the intermission. And after the Lakers scored the first six points of the second half, OU never got closer than six.

GVSU's 19-7 overall and 10-5 in the Great Lakes Intercollegiate Athletic Conference (GLIAC), shot a blistering 64.5 percent from the field in the opening half, canning 20 of 31. Antrim led the assault with 14 points. Meerman had 12 and Polus six.

OU NEVER led in the game. The Lady Pioneers

trailed by 10 (38-28) after two Antrim free throws with 5:12 left in the first half. Three Celeste Sartor free throws and baskets by Cherry Wilks and Leah Fenwick gave OU a 7-2 run in the final 2:36 of the half to narrow the deficit to four.

Still, the Lady Pioneers were never able to overtake GVSU. They fell behind by 14 on several occasions, the last at 76-62 on two Meerman free throws with 4:24 left. OU charged back to score the next eight points, six by Sonja Pearson, to make it 76-70 with 1:26 remaining.

But Antrim answered with four straight free throws as the Lakers hit seven of nine from the line down the stretch to secure the win. Antrim finished with a game-high 20 points. Meerman had 10 and

six rebounds and Teresa Harvatich scored 10. Tracy Byrd finished with nine points and Polus had eight with nine rebounds.

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DUE DATE AND PLACE: Proposals will be received at the Maintenance Office, 29350 Ten Mile Road, Farmington Hills, Michigan 48031, addressed to: Mr. Jack Lawing, until the following time: 4:00 p.m., Tuesday, March 4, 1986

ISSUE OF DRAWINGS AND SPECIFICATIONS: Drawings and Specifications may be obtained at the Job Meeting at Shawwassee Elementary School at 10:00 a.m. on Wednesday, February 19, 1986. The school is located on Shawwassee Road, east of Orchard Lake Road.

DEPOSITS: \$18.00 per set
Deposits will be refunded in full, providing the Drawings and Specifications, including any addenda, are returned in good condition within fifteen (15) days after the bid opening.

LOCATION OF PLANS: Drawings and Specifications will be on file for bidding reference at the Architect's Office, Dodge Reports, and Builders & Traders.

RIGHTS OF THE OWNER: The Owner reserves the right to reject any and all bids and to waive any information therein.

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