

OU ready to restart baseball

By C.J. Rieck
staff writer

WHEN STARTING a college-level baseball program from scratch — with little "scratch" for recruiting — a coach will find whatever ballplayers he can find, wherever he finds them.

Which is exactly what OU's Righter has done at Oakland University. The school approved bringing back varsity baseball just last spring. The late approval and Righter's subsequent hiring curtailed recruiting, but the new coach did find a few players, although not all were discovered through normal recruiting procedures.

For example: Freshman lefthanded pitcher-first baseman Eric Jorgensen was enrolled at OU when Righter found out about him. It seems Jorgensen's mother called OU's athletic offices when she heard the school was bringing back baseball.

RIGHTER QUICKLY found out that Jorgensen was a standout at Grand Rapids Forest Hills North and for the highly-respected Grand Rapids-based "Sullivan" Juniors summer league team. It didn't take the OU coach long to decide whether or not to pursue Jorgensen, and to sign him.

While Jorgensen may have traveled a distance to play baseball for OU, Righter didn't have to go far to fill another hole in his pitching staff.

In fact, he went no further than the Wendy's restaurant on University Drive, right across the street from the school.

That's where he found Chris Foster, a standout right-handed pitcher for the Rochester Adams year ago and wanted to go to Central Michigan. But his plans changed, and last fall Righter discovered he was managing the Wendy's.

AS SHORT a trip to sign a recruit as that was, there was another even shorter — Righter didn't have to leave the house. That's because the outfielder he was after had a familiar name — Don Righter, the OU coach's son who played at Birmingham Seaholm and was honorable mention All-Southeastern Michigan Association as a senior.

But Righter, the coach, will take whatever players he can find, wherever he can find them, to help restart a program that's been in hibernation since 1980. The Pioneers play their first two games at Aquinas College Friday.

"Our starting nine are very good," said Righter, the coach. "I have a lot of hope for them. If there's an Achilles' heel on this team, it's a lack of pitching. If we stay healthy, we'll be in pretty good shape. If we don't, we'll be in trouble."

Righter has coached in the Pontiac Class A summer league for several seasons, and that helped him find a few more players. His biggest addition from summer baseball is left-

handed pitcher-first baseman Jim Kosnik, a Royal Oak Kimball grad.

KOSNIK ENROLLED at Eastern Michigan three years ago, but a sore arm forced him to quit the team and eventually drop out of school. He has sophomore status at OU, and will be the anchor of the staff.

When he's not pitching, Kosnik will be stationed at first. "His bat is just too good to keep him out of the lineup," said Righter. When Kosnik is pitching, Jorgensen will fill in at first.

Joining Kosnik, Foster and Jorgensen on the mound will be freshman lefthander David Walczyk, from Sterling Heights. Righthander David Walczyk and lefthander Dan O'Brien, both freshmen from Harper Woods Notre Dame, will be part-time starters.

Walczyk will also spend time behind the plate. He'll share the catching duties with John Finley, a freshman from Berkley who played for Righter's summer league team. Mark Disinger, a freshman from Memphis, Mich., also has experience as a catcher.

UNFORTUNATELY, BOTH Walczyk and Disinger were called upon to fill in at third base for the first few weeks of the season. That's because the team's only senior, Garth Peterson (Bay City John Glenn), injured his knee when he tripped in a hole while jogging. He's expected to be lost at least three weeks.

In the middle of the infield, Righter will call on junior Tom Zerna (Wayne Memorial) at second base and freshman Bill Franzen (Sterling Heights) at shortstop.

Don Righter should see plenty of playing time in the outfield, together with freshman Keith Grant (Sterling Heights) and junior Rob Alvin (Birmingham Groves), a member of OU's basketball team. Freshman Randall Bailey (Clarkston) is the fourth outfielder and back-up shortstop, and Michael Hickey (Grayling) provides depth at several positions.

SO WHAT does Righter expect from his team, in its first season? "I guess I could go out on a limb and say we'll win 40 percent of our ballgames," he said. "I'd like to think we'll be .500. We have the talent, the offense. Pitching is the question."

OU will open its season at a disadvantage. While other teams have made spring trips and already played a dozen games, the Pioneers will have to open their Great Lakes Intercollegiate Athletic Conference (GLIAC) season five days after their first game. Northwood Institute visits OU Wednesday.

The Pioneers are also limited to 16 playing dates (32 games), which could hamper their development when they go up against GLIAC rivals like Grand Valley State, Wayne State and Ferris State, the three teams Righter picked to challenge for the league title.



CAMILLE MCCOY/staff photographer

Chris Foster, a Rochester Adams graduate, will be looking to steady the Oakland University pitching staff this season.

sports shorts

SPORTS STANDOUTS

Tom and Doug Goad, a father-son team that races for the Mr. Joe's Bayley Motorsports team, piloted their GTA Trans Am to a third-place finish in the 3 1/4 hour Firestone/Firehawk Grand Sport Enduro race March 29 in Sebring, Fla. Doug Goad is a Farmington Hills resident.

Josephine Smith of Farmington, the senior co-captain on Central Michigan's gymnastics team, ended her college career in style by setting a school record on the bars (9.2) and finishing second in the Mid-American Conference meet. CMU finished fourth in the MAC with 173.25 points. Western Michigan won with 177.20.

Katie MacIntosh, a Farmington grad, was a two-time All-American at the NCAA Division II swimming and diving championships March 13-14, in Long Beach, Calif. MacIntosh, a sophomore, placed sixth on the one-meter board and 11th on the three-meter for Clarion University (Clarion, Pa.). The Eagles finished second in the nation, behind California State-Northridge.

Alyse Fortune, from Farmington, led Tri-State University (Angola, Ind.) to a record-setting season in women's basketball. The women of Troy finished 17-13, with Fortune averaging a team-high 20.2 points and 8.2 rebounds per game. Fortune, a sophomore, hit 53.8 percent of her floor shots.

VOLLEYBALL TOURNEY

Schoolcraft College is hosting a men's and women's volleyball invitational Saturday, April 18. The tournament will consist of both men's and women's classes in open and B Divisions.

Cost is \$60 per team. Play starts

at 9 a.m. at Schoolcraft, on Haggerty between Six and Seven Mile. For further information, contact Tom Teetlers (261-4725, or at Schoolcraft 591-6400, Ext. 483).

SOFTBALL TRAVELERS

Any girls 14-16 years old interested in playing for the Mid-America Mustangs, a sponsored, slo-pitch softball travel team, this summer should call Ray Knickerbocker at 455-5893 for further information.

SOFTBALL SIGNUP

The Farmington Hills Recreation Division has openings available for new teams for the 1987 softball season in resident, open and industrial leagues.

Reservations can be made at the recreation office, 31555 N. Mile. A \$50 non-refundable deposit is required.

Call 473-9579 for more information.

MENS GOLF LEAGUE

The Farmington-Farmington Hills Men's Senior Golf League will begin play Friday, May 1. Registration is Monday, April 6.

Contact the Senior Adult Division of the Farmington Hills Special Services Department for more information.

MORE GOLF

The City of Farmington Hills announces the opening of its nine-hole San Marino Golf Course, at 26634 Halsted between 11 and 12 Mile. The course offers a full-service pro shop, a snack bar, cart rental and lessons. Junior and senior rates are available. Tee time reservations can be made by calling 476-9510.

Work pays off for lifter

By Jim Toth
staff writer

It takes more than just lifting weights to be a successful body builder. You must combine the right training methods with a suitable diet, appropriate posing routines and bolsterous supporters.

Rochester's Robert Wiest, 27, recently found that secret ingredient and trained himself to the 1987 Mr. Natural Michigan Men's Short-Class Division championship. Wiest placed first over 14 other competitors and second overall in competition at Allen Park Civic Auditorium.

"I trained hard for the contest," said Wiest, a 1977 graduate of Rochester Adams High School. "Last year I finished second in the short-class and this year I just tried to do what it took to win."

Wiest said he decided to give body building a try a few years out of high school after being influenced by friends.

THE BEST I did was a state regional qualifier in wrestling," began Wiest. "I didn't want to take wrestling too far, but I wanted to stay in shape, so with some influence I went into body building."

Wiest said his greatest influence came from Karen Deardon, who spent a great deal of time working with him at Body Blasters in Rochester. Deardon instructed Wiest in dieting and worked with him on posing routines.

"When I'm getting ready for a contest, I spend three hours a day in

the gym seven days a week," Wiest explained. "Also I'm on a diet where I stay away from sweets and eat fruits, vegetables, fish and fowl. There's a saying, 'If it doesn't fly or swim, don't eat it.'"

"Staying on it is tough, especially around the holidays. It takes a lot of self-discipline to train for a contest, but when the time is like this, it is all very satisfying."

WIEST HAS BEEN very satisfied with his 14 recent efforts and said he plans to continue entering similar contests.

"Being in a natural contest they give you a steroid test, so there aren't all these huge guys who get that way by other means," said Wiest, who limits his body fat to 4 percent while competing. "I like these contests and I like competing. Even when I'm not competing, I like going because you get to see something new at each one. You can always pick up something from your competitors."

Despite being pleased with his performances, Wiest said he is unsure how long he wants to remain in competition.

"Something like this eventually becomes a day-to-day thing," Wiest said. "I'm not to that point, but it does become a time consuming and draws on you after awhile. It's tough when you have a job and then afterwards lift weights and train for two or three hours. You can't get into it as much because you burn yourself out."

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