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) 90_ 2580, fax him material at (248) 644-1314 or write to him at: The Observer & Eccentric Sports Department, 805 E. Maple, Birmingham, MI 48009.

Enjoy the sport of bowling no matter what your age

TEN-PIN ALLEY

AL HARRISON

Bea Stanton of Livonia will celebrate her 91st birthday on Wednesday, June 17. She is a very active bowler, averaging 126 in the Senior Leftovers at Merri Bowl.

On the final day of the season, Stanton shot a 675 series with a 241 game in a no-tap format. She also bowls with the Senior Lads and Lasses at Merri Bowl as well, where she carries a 130 average.

Stanton has been bowling for 50 years and recommends the sport to seniors who are looking for a good activity that's fun and social. Her teammates, Tom Gerovac and Dan Blaske, say that she is a lot of fun to bowl with, and even the opponents cheer for her.

Stanton gives a lot of credit to her doctor, Roger Ajluni, for her good health and longevity. She recently had to overcome a broken right wrist, but that did not slow her down. She took first place in 1992 in her age group (over 75) at the Michigan State Women's Tournament – winning in singles and all-events – at Saginaw.

She enjoys her family, has five grandchildren in the area and loves to play card games, especially since few can beat her.

Active with the Livonia Seniors Program, she enjoys some of the bus trips, especially to casinos in the state.

"A very kind and thoughtful person," says Lydia Sandys, one of her good bowling friends. "Bea Stanton is a pure example of why bowling is such a great game, young and old alike."

■ Several weeks ago, Jack Dahlstrom of the Mayflower Senior Men's Classic League decided to get up a few bowlers for the Pro-Am at Taylor Lanes.

I had already planned to bowl in it, so I joined in with my friends. The team consisted of myself, Dahlstrom, Bob Sherwood, Gabe Fazekas, Ted Kress, Harry Ackerman, Alvar Freden, Buff Stiles and Duane Kuras.

In the pro-am format, the participants all get an automatic strike in the third, sixth and ninth frames of each game. That means that if you can strike in the next frame, you can double or better.

You never really know which pros you will get to bowl with until gametime, so it turned out to be Chris Hooper (Game No. 1), *Mike Durbin (No. 2) and Paul* Rado (No. 3).

Taylor Lanes was nice to us, with a very good shot on the lanes.

In the opener, Hooper, one of the newer pros, rolled a 247, which was added to each of the amateur's scores on this pair of lanes.

Durbin, 57, a veteran from Ohio, contributed a 257 in the next game, while Rado, a fourth-year pro out of Maryland, rolled a 232 to give our nine amateurs from the senior league 738 each.

Added to my 650, I wound up with 1,427. Having bowled in pro-ams for the past 10 years, it is always a lot of fun and a good experience, win or lose.

I enjoyed it a lot more this year by bowling in a group with my own pals and shooting a better set of games than usual.

The bowling ball given out at this year's event was the Thunder Road by Storm Products and it performed extremely well.

I needed a new ball, anyway.

■ Last Monday night, a special event took place at The Greater Detroit Open PBA Tournament at Taylor Lanes.

It was a Challenge Match between the staff of AMF Bowling and Storm Products. Up for grabs was $3,500 to the winning team and $500 for the losers.

The Baker System Format was used with each team member bowling one frame during the first five frames and then repeats in the next five frames of the game.

This game is more team focused than individual.

The Team AMF line-up included Bob Learn, Jr., Joe Firpo, Lonnie Waliczek, George Branham III and Brian Voss.

Team Storm consisted of Pete Weber, Brian Himmler, Del Ballard, Jr., Mike Edwards and David Ozio.

This proved to be an entertaining evening as the guys let loose with their kidding around and friendly insults – things we rarely see on TV.

After the first game, AMF forged a slight lead, but Storm stormed back to lead after two games.

The final game was virtually even until the 10th frame when Voss had a 2-8-10 split, leaving the door open for Ozio who struck out to take the totals, the money and the bragging rights.

■ On a sad note senior bowler Tom Wojnowski passed away suddenly on Monday.

Tom was a very popular member of the Mayflower Senior Men's Classic League and also bowled in the Monday and Friday senior leagues.

A really fine gentleman and an excellent bowler, his name appeared in the honor roll scores quite often.

He will be missed by all, and remembered as one very nice person to be around.

■ The Greater Detroit Bowling Association has concluded this year's Senior Masters Tournament at Bowl One Lanes in Troy.

James Warren of Clinton Township finished first with a 468-419 win in the finals over Ed Grant of Rochester Hills.

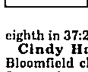
First place was worth $1,500 for Warren, while Grant took home $12,000 for second place. Other Observer & Eccentric-area cashers were Ed Malinowski, Livonia, 12th; Jack Treolar, Farmington Hills, 25th; Phil Horowitz, West Bloomfield, 27th; and Mike Surdyk, Redford, 30th.

In the special 60-up class, Bud Bogatay of Farmington Hills was fifth.

Warren tied for high game with Oxford's Harry Somerville, each from Oxford and each with a 300 game. Somerville wound up 26th overall.

Sanborn crosses 2nd at Berkley Days 10K race

Eccentric-area runners figured prominently at last Sunday's Berkley Days 10-kilometer run.



Brett Sanborn of Rochester Hills placed second overall with a time of 34 minutes, 30 seconds. Birmingham's **Perry Badin** followed in third with a 34:34, while *Troy's* **Franklin Carmona** took eighth in 37:20.

Cindy Hamkins of West Bloomfield clocked the second fastest time among female racers (42:28) and **Angie Dello** of Southfield had the third fastest (43:19).

Results follow below.

1998 BERKLEY DAYS 10K
(May 10 in Berkley)
Male race results (127 finished)

1. Gary Schultz, 20, (Clawson)	33:29
2. Brett Sanborn, 31, (Roch. Hills)	34:30
3. Perry Badin, 37, (Birmingham)	34:34
4. Dan Quinn, 23, (Grosse Pointe)	34:48
5. Jeff Rizer, 25, (Warren)	36:29
6. Mark Kosak, 40, (GP Woods)	37:02
7. Rich Hahn, 32, (Madison Heights)	37:09
8. Franklin Carmona, 34, (Troy)	37:20
9. Larry Parker, 49, (Eastpointe)	37:25
10. Scott Turner, 22, (Hazel Park)	38:01
11. Phil Menzies, 26, (Warren)	38:32
12. Alan Glovack, 51, (Bloom. Hills)	38:39
13. Derrick Peterman, 30, (Troy)	38:45
14. John Rivard, 42, (Dearborn)	39:03
15. Todd Jones, 33, (Rochester)	39:11
16. Peter Herrin, 42, (Detroit)	39:47
17. Larry Logan, 45, (Pontiac)	39:59
18. Douglas Bajor, 38, (Royal Oak)	40:24
19. Bruce Moore, 38, (Berkley)	40:51
20. Chris McKenzie, 29, (Berkley)	40:52
23. Paul Maguire, 40, (Troy)	41:01
30. Jack Ward, 39, (W. Bloomfield)	42:22
39. Mark Couzens, 49, (Aub. Hills)	43:33
40. Steven Wayne, 23, (Beverly Hills)	43:55
42. R. Louis-Ferdinan, 31, (Troy)	43:57
45. Alan Viggiano, 31, (Troy)	44:41
50. Richard Rowan, 51, (Bev. Hills)	45:30
52. Kevin Taylor, 36, (W. Bloom)	45:32
56. Kevin Wolff, 36, (Roch. Hills)	45:51
57. Brent Fetherolf, 29, (Troy)	45:57
63. Tom Miskell, 48, (Roch. Hills)	47:13
71. Robert Warner, 34, (Farm. Hills)	48:16
74. Michael Tucker, 39, (Bev. Hills)	48:28
78. Lester B. Richey, 62, (Birm.)	49:16
79. Scott Marovitz, 30, (Farm. Hills)	49:21
80. Ronald Page, 48, (Farm. Hills)	49:43
82. John D'Lawe, 31, (Bloom. Hills)	49:58
83. Ronald Siegel, 45, (W. Bloomfield)	50:06
85. Michael Palchesko, 43, (Troy)	50:28
90. Rick Denyes, 48, (Comm. Twp.)	51:09
91. Bill Swift, 55, (W. Bloomfield)	51:15
95. Paul Corby, 37, (Roch. Hills)	51:41
96. Dave Buell, 38, (Troy)	51:43
99. John Bassett, 26, (Southfield)	53:17
104. Al Attard, 57, (Southfield)	54:05
108. Joel Kashdan, 50, (Southfield)	55:13
110. Larry Nias, 46, (W. Bloomfield)	55:31
113. Kurt Peterson, 36, (Bloom. Hills)	58:18
119. Joe Thornburg, 81, (Troy)	1:01:08
122. Andrew Aljian, 63, (Birm.)	1:03:36

Female race results (44 finished)

1. Jenny Eschbacher, 28, (SC Shores)	38:28
2. Cindy Hamkins, 28, (W. Bloom.)	42:28
3. Angie Dello, 36, (Southfield)	43:19
4. Vanessa Bodnar, 18, (Plymouth)	43:35
5. Tracey Rizer, 26, (Warren)	43:45
6. Susan Joy Szczesny, 48, (S'field)	45:01
7. Tammy Sanborn, 31, (Roch. Hills)	45:48
8. Shannon Shea, 25, (Clinton Twp.)	46:57
9. Tracey Cohen, 26, (Farm. Hills)	47:17
10. C. Friedman, 33, (Mt. Pleasant)	48:23
11. Jen Ruprich, 26, (Berkley)	49:49
12. Sarah Stenger, 33, (Royal Oak)	49:50
13. Amy Sokolowski, 23, (Royal Oak)	49:58
14. Kathy Cafferty, 31, (Berkley)	50:17
15. Amy Tomlinson, 24, (Detroit)	50:34
16. Pam Reinke, 26, (Birmingham)	51:01
17. Denise Kutchins, 42, (Royal Oak)	51:45
18. Cheryl Wood, 31, (Berkley)	53:06
19. Dana Cooper, 31, (Bloom. Hills)	53:22
20. Theresa Gibbs, 29, (Memphis)	54:08
21. Mirella Panozzo, 54, (Blm. Hills)	54:24
26. Vicky Babiak, 45, (Roch. Hills)	55:24
44. Emily Bologna, 50, (Birm.)	1:06:22

•••

Farmington Hills' **Keith Stopen**, who captured his third West Bloomfield Half-Marathon title in April, ran to an eighth-place overall finish in the 25K run at last Saturday's 21st annual Old Kent River Bank Run in Grand Rapids.

Stopen's time of one hour, 19 minutes, 38 seconds also enabled him to earn the distinction of top Michigan runner.

Congratulations to all the Eccentric-area runners who participated in the 25K event and the 5K race.

•••

As part of the statewide **"Walk Michigan '98"** fitness program, Kensington Metropark near the Milford area, will host a number of fun walks in the upcoming weeks. The non-competitive walks will vary from one mile to three miles, and people of all ages and physical abilities are welcome to participate. Registration is free and will be held on the day of the event.

First on the schedule is a 1 p.m. walk on Sunday, May 31 at Martindale Beach.

For additional times and dates, call Kensington Metropark at (248) 685-1561 or 1-800-477-3178.

Mark *from page D4*

wait until it's too soft! The plump, unwrinkled fruit is the best buy.

■ **Nectarines** – Look for those that have plenty of red with some orange-yellow areas in between. The "seam" on the side of the fruit should have a slight softening, but the skin should never be split or cracked.

■ **Peaches** – Contrary to what most people believe, the amount of red in a peach is not related to its ripeness. Just be sure the fruit is at least yellow or creamy and not green. The slightly firm ones are the best.

■ **Strawberries** – Those that have the most overall red color with firm flesh are the only ones to buy. Make sure they don't have any signs of softness, mold or shrinkage because the decay spreads from berry to berry quickly. Medium to small strawberries usually taste better than larger ones.

■ **Watermelons** – Look for smooth surfaces with fully rounded ends. If the melon is cut, check for firm, bright red "meat" with dark seeds. Avoid those with whitish seeds or stringy flesh. That may mean the melon was picked too soon.

In general, moldy or bruised areas on most fruits mean it may not ripen correctly or at least may have damaged a portion of the fruit.

Now that you know how to choose the best fruits at the market, how do you store them once you get home? Most can be left out on your counter at room temperature; others may need a little help to ripen.

Nectarines, peaches and kiwifruit can be ripened by putting them into a paper bag at room temperature and then refrigerated once ripe.

Apples, grapefruit, honeydew melon, oranges, strawberries and watermelons last longer – some for weeks – in the refrigerator once they've ripened. Oranges, however, are the juiciest when stored at room temperature as long as they're not out for more than a week or two.

At the other extreme, strawberries only last a few days before mold sets in. Keep berries dry and wash only just before you eat them. This same rule applies to grapes.

Bananas and cantaloupes are best left out at room temperature. The longer cantaloupes sit out, in fact, the juicier and more succulent they become.

If your bananas become too ripe for your taste, peel and freeze them for a batch of banana bread!

All fruit, once sliced, should be stored in the refrigerator if it's not going to be eaten right away.

Now don't delay! Get to the market and start enjoying the marvelous array of flavors.

I read every one of your letters and I love your comments! Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, MI 48334-2974. For more information on Weight Watchers, call 1-888-3FLORINE.

*(**Florine Mark** is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)*

Women's Metropolitan Golf Association begins '98 season

The Women's Metropolitan Golf Association kicked off its 1998 season Wednesday at Bald Mountain. In the championship flight, Janina Jacobs of St. Clair Shores fired a 75 (low gross) and **Betty Vandeputte** of Birmingham captured low net with a 72. Complete results follow below.

<u>CHAMPIONSHIP FLIGHT</u>

LOW GROSS: Janina Jacobs (St. Clair Shores), 39-36-75.

SECOND: Deb Robert (New Baltimore), 39-40-79.

LOW NET: Betty Vandeputte (Birmingham), 86-14-72.

<u>1st FLIGHT</u>

LOW GROSS: Marlene Maige (Algonac), 42-45-87.

SECOND: Judi Stutzman (Huntington Woods), 45-44-89.

LOW NET: Sandy Burns (Warren), 92-19-73.

<u>2nd FLIGHT</u>

LOW GROSS: Ellen Jean Pravato (R[illegible]neo), 46-49-95.

SECOND: Phyllis Gromacki (Rochester Hills), 48-49-97 and Ann Han (Lake Orion), 50-47-97.

LOW NET: Doris Rudd, (Clinton Township), 98-21-77.

<u>3rd FLIGHT</u>

LOW GROSS: Dolly Vettese (Northville), 47-48-95.

SECOND: Jo Pashek (Madison Heights), 50-47-97.

LOW NET: Dorothy Cody (Farmington Hills), 114-43-71.

(This week: May 20 at Faulkwood Shores)

•••

The Huron-Clinton Metropolitan Authority is getting into the swing of things. The HMCA will present four golf tournaments in the upcoming weeks.

■ The **"4th annual Women's Championship"** is scheduled for Sunday, June 7 at the Golf Course of Hudson Mills Metropark (8801 N. Territorial Road) near Dexter. Entry fee is $4 plus greens fees per player. Entry applications must be received at the starter's desk by Sunday, May 31. For more information, call Paul Gilson at (734) 426-0466.

■ Two **"Four-Person Scramble"** tournaments, with teams flighted by handicap, will be conducted Saturday, June 13 and Sunday, June 14 at the Golf Course of Kensington Metropark (2240 W. Buno Road) near Milford. Players must have established handicaps. Entry fee is $4 plus greens fees per player. Fees and applications must be received at the starter's desk by 5 p.m. Sunday, June 7. For more information, call Kensington at 1-800-477-3178 or (248) 685-9332.

■ A **"Seniors Tournament"** (ages 62 and older) is scheduled for Thursday, June 18 at the Golf Course of Lake Erie Metropark (32481 W. Jefferson) in Brownstown. The format is a two-person scramble. Call 1-800-477-3189 or (734) 379-0048 for additional details.

Helpless.

Help.

Cancer AnswerLine
1-800-865-1125

Comprehensive Cancer Center
University of Michigan
Health System