

WESTERN LAKES SOFTBALL

WESTERN LAKES ACTIVITIES ASSN.

ALL-CONFERENCE SOFTBALL TEAM

Pitchers: Megan Mikas, senior, Livonia
Churchill; Beth Dardzewicz, junior, North Farm-
ington.

Catcher: Kristen Burgess, senior, Walled
Lake Western.

Infielders: Alissa Melvin, senior, North Farm-
ington.

Infielders: Kelli Kuretha, senior, Livonia Churchill;
Julie Kimmel, senior, Farmington; Laura Bell,
senior, Walled Lake Western.
Outfielders: Jenni D'Annunzio, senior, Livonia
Franklin; Kelly Jaskot, senior, Plymouth
Salem.
All-Kage: Nicole Tucker, senior, Walled Lake
Western; Sara Stone, junior, Walled Lake West-

ern.

ALL-LAKES DIVISION

Pitchers: Jill Foster, senior, Plymouth
Salem; Kelsey Galsert, senior, Farmington.
Catcher: Brittany Coram, junior, Walled Lake
Central.
Infielders: Maggie Tudor, junior, Plymouth
Salem; Meghan Young, senior, Farmington;
Debbie Galsert, senior, Livonia Stevenson;
Emily Jaffe, sophomore, North Farmington.
Outfielders: Lindsey Taub, senior, North
Farmington; Amy Hollandsworth, senior, Livonia

Stevenson.

All-Kage: Sara Walter, senior, Westland John
Glen; Amy Sawara, senior, Plymouth Salem.

ALL-WESTERN DIVISION

Pitchers: Lauren Tabor, junior, Walled Lake
Western; Nicole Zabikiewicz, junior, Livonia
Franklin.
Catcher: Jennie Brown, sophomore, Ply-
mouth Central.
Infielders: Courtney Dye, senior, Walled
Lake Western; Heather Simola, senior, Farming-

ton Harrison; Meghan Coultis, senior, Plymouth
Central; Erin Rutherford, junior, Walled Lake
Western.

Outfielders: Danielle Borge, senior, Walled
Lake Western; Colleen O'Brien, junior, Walled
Lake Western.
All-Kage: Jacqui Smylie, senior, Farmington
Harrison; Marilyn Giles, junior, Livonia
Churchill.

HONORABLE MENTIONS

North Farmington: Amy Berke, Johan Hendo,

Mora Kessler, Al Goldberg; Farmington: Aman-
da Margner, Randi Brown, Melissa Patter-
son, Amy Paquette; Salem: Alycia Murawski,
Katie Szczepanski, Jess Bonello; John Glen:
Dawn Ross, Erica Novack, Ruthann Kietlyk;
W.L. Central: Allison Summerhill, Renee Ritz,
Michelle White, Lauren Young, Traci Morita;
Stevenson: Amanda Jankowski, Julia Vecchio,
Lindsay Hollandsworth. Editor's note: The
Observer did not receive any Western Division
honorable mentions.

Latvia to host international event

It's a long way from western
Wayne County to Riga, Latvia,
the host city for the 2002
Bowlings World Cup.

More than 98
nations
are
sending
their
male
and
female
national
cham-
pions
to the
38th
edition
of
AMF's
annual
international
sports classic.
Tournament
week dates
are
Oct. 19-26,
with
the
opening
ceremo-
nies
and
wel-
com-
ing
recep-
tion
set
for
the
day
prior
to
the
competi-
tion.

All athletes will bowl 20 qual-
ifying games at Riga's Toss
Bowling Halle before the field is
cut to the top 24 men and top 24
women.

The tournament will be tele-
cast around the world on a tele-
delay basis, not known yet if it

will be seen locally.

Three new countries have been
added this year including Uzbeki-
stan, Hanse's Czech Republic
and Muldova (yes, there really is
such a place).

It is the world's largest annual
international sports champi-
onship in terms of number of
participating nations.

This year's defending champi-
ons are Kim Haugen of Norway
and Naohimi Hakuu of Japan.

The City of Riga has just cele-
brated its 800th anniversary in
2001 and if you are planning to
go across the big pond to see it.

The Radisson SAS Danviga
Hotel at 24 Kugu Street is the
place to stay.

Summer time... and the liv-
ing is easy.

Many bowlers will see the equip-
ment away until the fall season
is ready to start, others bowl in
summer leagues or at least get
in some off-season practice.

Either way, it is most impor-
tant to keep the legs in good
shape for the coming season.

This advice is good for every-
body, young and old, male or
female.

The weakest part of the legs
are usually the knees. They are
often the first to go and affect
your delivery.

My advisor says to get a pair
of ankle weights, usually about
two or three pounds, and strap
them to the ankles.

Then, you can sit upright and
do some lower leg lifts, being
sure to move slowly to make the
muscles around the knee do
more work.

This will build the supporting
muscle tissue and help prevent
further knee trouble.

Secondly, keep the weights on
and do some leg flexors for the
upper thighs.

Again, move slowly to get the
muscles working, use a short
range of movement and be able
to feel the leg muscles doing
their work.

Exercise as often and as long
as you can without hurting. At
the first sign of pain, quit and
start again the next day.

If pain in the knees persist,
most pro shops carry knee braces
such as Knead-It by Pro Band
sports.

Ankle weights are available in
Sporting goods stores or the
sports department at K-Mart.

NEIGHBORHOOD LAKES

Teast and Coffee: Just In Time — Diane
Cieski, Margaret McConoughy, Kathy Francis-
co and Betty Grace.

Sandwiches (Pro Am): Denise Standato,
Nancy Schwin, Betty Froscur, Jayne Chase
and Donna Kress.

Senior Mixed: Team No. 12 — Jamie
Sewick, Scott Wiseman, Kurtis Paul, Doug
Elison and Annie Goldman.

Early Risers: Hot Tamales — Ann Michalski,
Michelle Loren, Carol Michalski and Moose
Ruzicki.

Rama: The Gals — Barbara Scott, Irene
Frederick and Florence Quinn.

Senior Lady and Ladies: Team No. 1 —
Fred Johnson, Norma Gandoff, Ken Rehan and
Bob Westman.

St. Damian Mixed: Team No. 9 — Elaine Gre-
maux, Tim Gremaux, Maria Camson and Bob
Cameon.

Men's Strikers: Team No. 1 — Kris Colton,
Mike Colton, Jan McCarthy and Kevin
McCarthy.

Wanderers: Team No. 2 — Debbie Wutka,
Ken Wutka, Ray Buttigieg and Renee Buttigieg.

Over & Under: Team No. 4 — Audrey
Barnes, Rhonda Adams, Eugene Barnes and
Floyd Barnes.

Fairbanks Family and Friends Mixed: Team
No. 3 — Del Fairbanks, Kris Clark, Diane
DuPont and Larry DuPont.

St. Alban's: Team No. 1 — Donna Klessa,
Katie O'Dowd, Kenneth Klessa and Chuck
Rhodeshouse.

Devon-Alba: Team No. 9 — Julie Johnson,
Ralph Johnson, Chris Campbell and Ken Koss-
la.

Merid-Lynn: Team No. 9 — Debbie Kelm,
Donna Kelm, Dave Kelm and Kim Kelm.

Mother/Child: Brandon Voigt, Sue Voigt,
Jeff Swan and Lisa Swan.

Boards: PSI — Barb Layman, Joyce
Rozowski, Charlotte Schultz, Linda Stuper
and Janis Whalen.

Sunday Funnies: Team No. 2 — Rob Pe-
pper, Julie Pepper and Tim Whalen.

Parent/Child: Team No. 6 — Mac Clark,
Rick Dufour.

Senior Go Getters: Cracker Jacks — Claire
Pelleiter, Mae Yeomans, Virginia Sanders and
Clayton Maloney.

K of C Daniel Lord: Duffy's — Joe D'Arango,
Brian Dullington, George Vorn, Jim Johnson,
Tom Koebel and Ray Shinozaki.

Strikes and Spares: Team No. 2 — Barbara
Duffie, Liz Dwyer and Denise Cassani.

Ladies Doubles: Mary Mohaci and Sandi
Kurnan.

Senior Men's Bowlers: Weakest Links —
Herb Lloyd, Anita Marot, Betty Lloyd and Bill
Denny.

Bonnie Brook: Wedges — Carol B. Mary A.
and Dolly F.

Marri Margers: Group Therapy — Evelyn
Villert, Linda McCarthy and Brenda Sheppard.

Bonnie Mixed: Ding It On — Janet McCrie,
Greg Kruse, Jill Li and Jack Gershon.

Bad Bowlers: Fools United — Tony Caram,
Greg Long, Brian Long and Chris Gord.

Early Birds: Penguins — Jackie Cabulskie,
Bunny Fortier, Betty Galle and Flora Lindemuth.

At Harrison is a Garden City
resident and director with the
Greater Detroit Bowling Associa-
tion. He can be reached at (734)
422-1609.

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David Syme
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Please join us...
Tuesday, July 16th
7 p.m. - Champagne Reception
8 - 10 p.m. - David Syme Piano Concert
Intermission - Drawing for a Hand Signed Serigraph by Peter Max
10 p.m. After Show

A portion of the art proceeds will be donated to the Michigan Parkinson Foundation

Limited Seating, Reservations Required. • Valet Parking (no tipping, please)
Please RSVP to Libby by Friday, July 12th (248) 352-0208

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