

# Sports

## STRIKES AND SPARES

Steele's Restaurant picked up three points from SCID in the George Shupp League paced by Schultz's 511. K. Orkwis hit 524 for the losing five. Fino's Pharmacy took three points from Katyl TV led by R. Bonomo's 551 and T. Shalata's 546. C. Glasser rolled 216 to help in Fino's win. Harris Associates divided equally with Gino Shoe Store. S. Bonomo walloped the pins for 580 and D. Purvin knocked them down for 543. C. Kazokas knocked down pins for 552 and B. Cyphers rolled 524.

In the Ladies Country League the Castlettes shut out Gordon Insurance paced by Sylvia Conduff's 178-178 (506). Nancy Ide's 170 (473) showed the way for Bonomo's Sports Center three point win over Fashion Vending. A. Hospodar scattered pins for 196 for the vending team. Grotto Pizza copped three points from G.H. Harris paced by Diane Garnett's 184 (485) and Diana Balliet's 187 (471). Libby Cyphers topped pins for 175 for the Harris team.

Lombardo's Bakery took the lead in the Imperialette League last Friday by shutting out Humphrey's Apparel, leading 8-0 in the second week of the second half. J. Clark with 175 (472) and M. Ritts, hitting 176 led the way. Mahafey Oil moved to second by taking three from Hoot 'N Paw despite the losing five getting 179 from C. Williams. Scavone Motors and the Jean Shop divided 2-2 with Scavone's K. Scavone and the Jean Shop's M. Neifert rolling identical 471 series. B. Dombrowski added 185 for the Jean Shop.

In Bonomo's Mixed League J. Sandstrom's 525 aided Ghost Busters in taking four points from the A Team whose L. Lavelle was high with 511. Halfbreeds took all from Nobody's with K. Mintzer rolling 176 to show the way.

Two weeks bowling in Our Gang League had the Stymies taking four

from Wheezers and splitting evenly with Darla. After losing to the Stymies Wheezers picked up three from the Buckwheats. Porky five took three from Waldo and the next week copped three from Spanky. Spanky team earned three from Darla in their match. After losing to the Wheezers, Buckwheats copped three from Alfalfa.

Hitting high scores were Spanky's Michele Grossman 171, Darla's V. Hudak 200, Stymie's Lee Isaacs 212, Waldo's Marv Carkhuff 505, Alfalfa's Nancy Dany 172, Bob Parrish 201 (507), Buckwheat's Eric Dingle 526 and Porky's Bo Searfoss 507.

In the Bowlerette League N. Crane's 179 set the pattern for Hoogie Bar's three points from Frankliss while N. Moser's 177 led Brent Long girls to three points from Tom Reese.

It was 3-1 night in the first week of the second half in the Idetown Compact League with Aries winning three from LaBarons, Citations taking three from Corvettes, Firebirds picking up three from Camaros and the Capris copping three from the Pintos. High scorers were Connie Doty 199 (520), Fran Rauch 175, L. Lanning 171, B. May 179 and R. Cross 518.

J. Cobleigh's 541 paced East Dallas to shutting out Carverton A in the Back Mountain Church League and J. Curtis' 211 (538) led Carverton B in taking all from Trucksville C whose J. Remington rolled 523. C. Kazokas hit pins for 569 and D. Wright knocked them over for 566 to lead Shavertown B to three points from Dallas A. G. Kohli walloped pins for 206-211 (593) but it wasn't enough as his Trucksville B team dropped three points to Orange, who had H. Shupp's 517 and J. Mitchell's 512. Maple Grove picked up three points from Shavertown A with none of the men able to hit high scores.

## Bonomo brothers wrestlin' right along

By CHARLOT M. DENMON  
Staff Correspondent

"My brother and I give credit to the Lord," said Rocky Bonomo after he and his twin brother, Ricky, won the 121 and 129-lb. weight classes in the Wilkes Tournament recently.

Ricky won the 121-pound championship by defeating his opponent Tim Jacoutet of Trenton State in overtime 6-5, and Rocky was a repeat winner by defeating his 129-pound opponent, Dave Crisanti of Princeton, 6-1.

"They're good boys," added their proud grandfather, Tony Bonomo, of Dallas. "They are very religious and put all their faith in the Lord."

The Bonomo brothers are the sons of Richard and Lori Bonomo of Hunlock Creek and are two of the first four Back Mountain grapplers to bring state wrestling championships to the Back Mountain area. They were on the first team to capture a state title in 1981 under head coach Floyd "Shorty" Hitchcock, Bloomsburg University graduate, and now coach at Millersville University.

Hitchcock represented Bloomsburg at the World University Games in Moscow where he won a silver medal and topped his career at Bloomsburg by winning both the NCAA Division I and Division II titles at 177 lbs.

Ricky and Rocky Bonomo's father gives much of the credit for his two sons' performances to Hitchcock, who, according to Richard Bonomo, is an inspiration to the boys.

Now sophomores at Bloomsburg, Ricky and Rocky's latest ranking is fourth and fifth nationally, according to the Amateur Mat News.

Ricky had an impressive 26-5-1 record as a freshman at Bloomsburg and is considered one of the top 118 pound wrestlers in the country. His achievements last year include 20 falls, Pennsylvania Con-



**Bonomo brothers**

The Bonomo brothers - Ricky, at left and Rocky, right - are enjoying much deserved success on the wrestling mats at Bloomsburg University.

ference Champion, NCAA qualifier, and named Freshman First Team All American by Amateur Wrestling News. According to his father, Ricky's key to success this year will be maintaining his weight. Last year as a freshman, Rocky

achieved the Bloomsburg Huskies Outstanding Wrestler Award and ended the season with a 27-5-0 record. He also won the Wilkes Open, Pennsylvania Conference and Eastern Wrestling League Championship.

He was selected as a Freshman All American and participated in the Nationals. Rocky has become a fine wrestling technician and has the ability to become an All-American. Both boys are art majors at Bloomsburg and after graduating hope to enter the commercial art field.

The Bonomos are a close knit family and grandfather, father, mother, sisters and Uncle Tony stand solidly behind the two brothers and their careers, both academically and athletically.

Their father can cite their achievements to date this season without any hesitation.

This season, Rocky's record is currently 17-0, Ricky's 15-0. Both boys have been seated first and won in every tournament they have been in to-date.

In the Sheridan Invitational, both boys won and Ricky defeated two boys who defeated James Weisz of Oregon State. Last year Weisz was one of the few who defeated Ricky.

Last year Ricky defeated national champion Carl DeStephanis of Penn State while Rocky defeated Clarion State's top-ranked Foldespy.

Both won at Millersville, Shippensburg and at Wilkes.

Local fans follow the Bonomo brothers with great interest for they became well-known through out the Wyoming Valley for their performance on the mat. The boys are excellent athletes, in the peak of physical condition, strong, agile, and mentally alert. They combine strength, finesse and agility in vying with their opponents.

And, above all, they put their faith in the Lord. "He gave us our ability - we'll use it to the utmost," said Rocky.

Back Mountain fans will be hearing more from the Bonomo brothers before the season is over, of that we're certain.

## Make way for 'Hearts'

The Wyoming Valley has a new basketball team in the professional ranks and its the hottest team around, scoring almost 300 points in their first two outings against the Pro-East Leagues 1983 Champions, the Scranton Miners.

The team is the Wyoming Valley "Hearts", and it was formed just over two months ago after the Wilkes-Barre Barons folded.

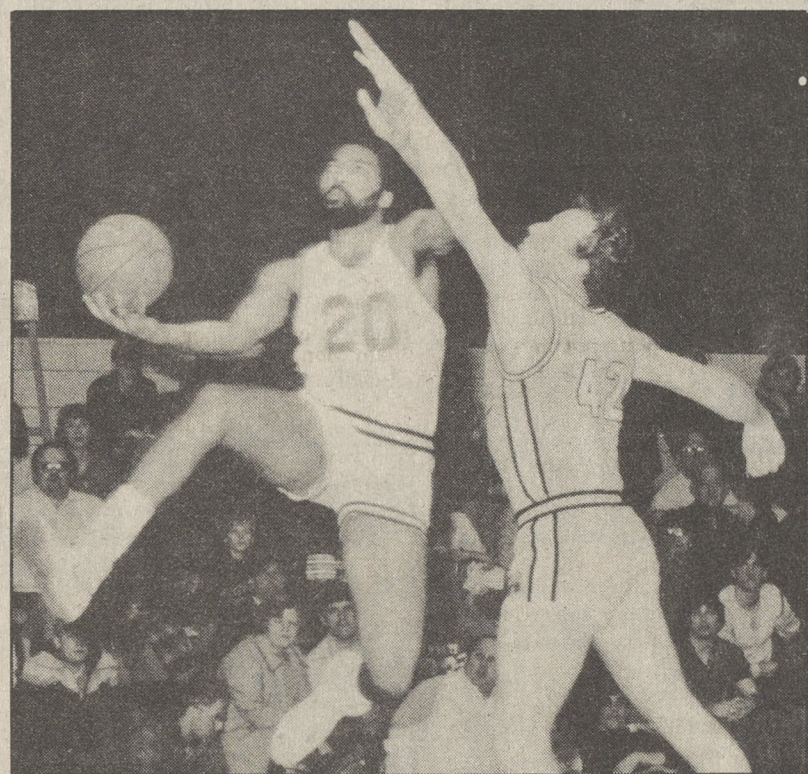
The "Hearts" are doing something new for the area too. Instead of playing all of their home games in Wilkes-Barre, the "Hearts" are taking their professional league games throughout the Wyoming Valley in order to bring professional sport closer to the fans.

"Hearts" President Lee Marcino, a Pittston Area resident who works for the state, said he felt bringing the games to different areas of Wyoming Valley will increase interest in pro basketball and also give young people a better chance to see players close up, where they had only seen them in box scores in the past.

Some of the "Hearts" players include former NBA stand-outs from the Baltimore Bullets, the Detroit Pistons and Colgate All-Stars.

Coaching the new "Hearts" team is a familiar name in local circles, Eddie White, Wilkes-Barre City Councilman and former Baron owner and Coach, and "Chick" Craig, who starred with the Barons in the 1950's and is currently a scout for the Pistons and Bullets.

Others in the new "Hearts" organization include Councilman Bob DiPietro of West Wyoming, Ronald



**'Hearts' stopping action**

The new Wyoming Valley "Hearts" basketball team in action against the Pro-East's 1984 Champion Scranton Miners. "Hearts" took two from Scranton and now lead the Pro-East loop.

Ley, an accountant from Hanover, Jim McCarthy, Jr., a former news correspondent with CBS who now resides in Wilkes-Barre and operates a tavern there, John Dudascik of Plymouth, Dave Sirkin of Kingston and "Yogi" Jagodzinski of Georgetown.

The "Hearts" play their next game in Pittston Area, on Sunday, Jan. 27 and will honor a former NBA basketball star, Gene Guarilia, who played for the world champion Boston Celtics basketball team in

the early 1960's and now teaches at Pittston Area High School.

Tickets for "Hearts" home games are available at several area outlets including Boscov's Department Store, Lewis-Duncan Sporting Goods, Patte Sports Bar, Leo Matus Newstand on Public Square, Sport-Jes Sporting Goods and Jim McCarthy's Tavern on the Hill. Tickets and more information can also be had by writing "The Hearts", P.O. Box 2093, Wilkes-Barre, Penna. 18702-2093.

## Use caution while sledding in winter

Sledding has always been a big part of the winter scene and so have the accidents that follow. Lying on the landscape, snow is very deceptive. It is soft and fluffy, just perfect for diving or falling into with no thought of getting hurt.

According to Matt Matthiesen, acting director of the state Health Department's Division of Emergency Health Services, some 50,000 Americans are treated at hospital emergency departments annually for injuries resulting from sled, toboggan and snow disc accidents.

"These injuries range from sprains to broken bones, and when those broken bones are in the head or spine, they can be permanently disabling or fatal," Matthiesen said. He said each type of sledding device presents its own hazards.

"Snow discs and similar devices are usually used by small children with little experience in handling such devices. Toboggans are better suited to older children and adults, and should be operated by more than one person. Neither the snow discs nor toboggans have steering or braking mechanisms and are difficult to control.

"Sleds with metal runners do have steering mechanisms, but no brakes and are almost exclusively used where snow is hard packed, such as streets, roads and sidewalks."

Mattiesen advised parents to supervise younger children while sledding and to teach older children these few simple rules:

- Don't sled on the street unless it has been closed for that purpose.
- Check "off-street" hills for rocks, tree stumps and other hidden

- hazards.
- Don't make a sledding run if there are people in the area who might get hurt.
- Learn how to stop or get off the device safely.

- Don't coast onto or through busy streets or highways.
- Keep the tow rope from slipping over the runners.
- Walk back up the hill to the side.

## Free throw contest slated

Grand Knight Ed Buckley, Fr. O'Leary Council 8224, Dallas, announces the Back Mountain Basketball Free Throw Contest to be held on Saturday, Feb. 2, 9-11 a.m. at Gate of Heaven Gym, Dallas.

Snow date is Feb. 4, 6 p.m. sharp. For further information contact John Charney 675-6455 or Bruce Boyle at 639-5033. Bring your sneakers and your good eye and we'll see you there.

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## Use caution on skiing adventures

Winter months and the Pocono Northeast combine for a skier's adventure. With an ever increasing interest in skiing there is a concurrent rise in injuries associated with this sport. As in most recreational activity, skiers are not always in optimum condition for the slopes, physical activity, or ever-changing environment. The skier, ski equipment and the skiing environment are three factors which influence injury in this sport.

Various sports medicine studies at ski areas in Vermont report that young inexperienced female skiers sustain a greater than average number of knee sprains. Experience also influenced the injury rate. It was found that individuals who skied less than 15-17 days per season sustained a higher than average number of minor to moderate knee sprains. There has been, however, a decrease in the incidence of ski injuries in the last few years especially with the development of properly functioning ski-boot-binding systems.

As in any sport, conditioning is an important tool in preventing injury to the skier. A basic program of activities in flexibility to the quadriceps hamstring, calf and low back muscles is most effective. Stretching of these muscle groups should be done very slowly holding the stretch for a count of 10 and repeat-

ing the exercise. An excellent way to stretch hamstring and calf muscles is by standing an arm's length away and facing a wall. Keep your knees straight and bend forward keeping the body erect and bending

your arms. Strengthening should be done to the leg muscles as a heavy demand is placed on the quadriceps and hip muscles during downhill skiing.

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