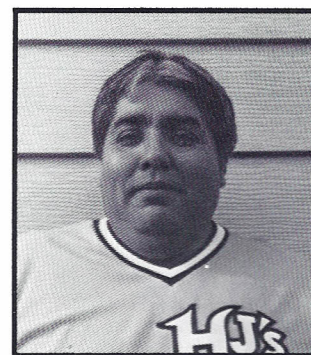


Reigning 1988 A.S.A. Men's Major Iowa State Champions



HENRY J'S

TACO HOUSE



Henry Rivas has been a longtime sponsor of fastpitch softball in Des Moines, sponsoring a men's fastpitch team for 17 years. Henry also sponsors a men's Mexican basketball team and a little league baseball team.

Henry opened his restaurant in 1973. Located at 2920 S.W. 9th in Des Moines. Henry J's serves the best in Mexican food, whether it be dine in or carry out.

Henry has been married 10 years. Henry and Linda Rivas have three children — James, age 9, Jennifer, age 6, and Cody, age 3.

Highlights of Henry's fastpitch teams have been led by his 1988 team winning the Men's Major Open State Championship, along with his 1975 team winning the "B" nationals.

Henry's 1986 team won the Des Moines City Tournament. Since Henry's sponsorship of fastpitch teams, he has won a championship in every league in Des Moines.

Henry likes the Des Moines Metros' chances in 1989 of making it to the A.S.A. regional or national tourney. He also believes the Metros have a good shot at qualifying for the I.S.C. World Tourney.



HENRY J'S
TACO HOUSE

2920 S.W. 9th

243-3144

OPEN MON. THRU SAT. • 11 AM to 10 PM • CALL FOR CARRY OUTS

DES MOINES MUNICIPAL ATHLETIC FEDERATION

DES MOINES, IOWA

BOB A. SAVAGE, Executive Secy.
Des Moines Softball Commissioner

3226 University
Des Moines, Ia. 50311

Dear Fastpitch Softball Enthusiasts,

On behalf of the Iowa Amateur Softball Association and the City of Des Moines, we want to extend a most sincere welcome.

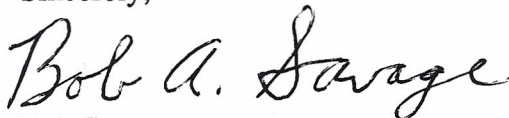
We are very happy with the involvement and participation of fastpitch softball in Des Moines. There are more fastpitch teams registered in Des Moines in 1989 than there were in 1988. We are proud to say that Des Moines ranks in the top five cities in the United States for the number of fastpitch teams registered in a metropolitan area.

Fans, players, and sponsors are very important to this great game. We must continue to patronize fastpitch softball. Sponsors, you are appreciated very much for all the effort you put into your teams.

We are also proud to say that the 1988 Iowa Men's Major State Champions are from Des Moines — La Pizza/Henry J's, known as the Des Moines Metros in 1989.

In closing, I would like to say, "Softball enthusiasts, keep up the good work. You are appreciated.

Sincerely,



Bob Savage
Des Moines Softball Commissioner

DATES TO REMEMBER

June 26th - July 9th Des Moines City Tournament — Birdland & Savage Parks

July 20th - July 23rd Sub-State Tournament — Birdland & Savage Parks

August 4th - August 6th Major Open State Tournament — Birdland & Savage Parks

DES MOINES METROS 1989 SCHEDULE

May 3	Classic League at Birdland (7:30 Elkhart 9:00 Mr. Bills)
May 5	D.M. Metros Night and Exhibition Iowa Cubs at Sec Taylor Stadium
May 6 & 7	Ames Agri Pro Round Robin at Ames, IA
May 10	Classic League at Savage South (6:00 Stormy's 9:00 Panora Merchants)
May 13 & 14	Hall of Fame Tourney — Des Moines at Savage Park
May 17	Classic League at Birdland (7:30 D.M. Knights 9:00 Watters Autoland)
May 20 - 21	Des Moines Round Robin at Birdland Park
May 24	Classic League at Savage South (7:30 Ames Heating and Cooling 9:00 Ames Agri-Pro)
May 26-28	Aurora Round Robin at Aurora, IL
May 31	Classic League at Savage North (7:30 Mr. Bills 9:00 Elkhart)
June 3-4	Happy Chef Tourney at Mankato, MN
June 7	Classic League at Savage North (6:00 Stormy's 7:30 Panora Merchants)
June 10-11	Bloomington Hearts at Bloomington, IL
June 14	Classic League at Savage South (6:00 Watters Autoland 9:00 D.M. Knights)
June 16-18	Des Moines Metros Tourney at Savage Park
June 21	Classic League at Savage North (7:30 Ames Heating & Cooling 9:00 Ames Agri-Pro)
June 24-25	Sawdust Days Tourney at Eau Claire, WI
June 30-July 2	Gazette Spectacular at Cedar Rapids, IA
July 8-9	Open
July 14-16	I.S.C. Qualifier at Sioux City, IA
July 22-23	Walnut Products at St. Joseph, MO
July 29-30	Bloomington Beer Nuts and E.S.S. Ashland, Ohio at Bloomington, IL
August 4-6	A.S.A. State Open — Des Moines
August 11-20	I.S.C. World at Kimberley, Wisconsin
September 2-4	A.S.A. Open Regionals
September 8-19	A.S.A. Nationals at Midland, Michigan

1988 MEN'S MAJOR FASTPITCH NATIONAL SOFTBALL TOURNAMENT SEPTEMBER 9-17 BLOOMINGTON, ILLINOIS

1. TransAire	Elkhart, IN	8-1
2. Farm Tavern	Madison, WI	6-2
3. Nava Bros.	Hayward, CA	4-2
4. Teleconnect	Cedar Rapids, IA	4-2
5. Bloomington Hearts	Bloomington, IL	6-2
6. Decatur Pride	Decatur, IL	6-2
7. Happy Chef	Mankato, MN	4-2
8. Penn Corp	Sioux City, IA	4-2
9. Bloomington Beer Nuts	Bloomington, IL	3-2
10. Mrs. T's Sunners	Reading, PA	3-2
11. Larry Miller Toyota	Salt Lake City, UT	2-2
12. Shelbyville Sting	Shelbyville, IN	2-2
13. So. California Eagles	San Gabriel, CA	2-2
14. Faultless Garber	Ashland, OH	2-2
15. Clearwater Bombers	Clearwater, FL	2-2
16. Findlay Softball Boosters	Findlay, OH	2-2
17. Guanella Bros.	Santa Rosa, CA	2-2
18. Buck Murphy's	Odenton, MD	2-2
19. Ashland Merchant's EES	Ashland, OH	1-2
20. Boise Metros	Boise, ID	1-2
21. Sheraton/Coors/Salty's	Burlington, MA	1-2
22. Framingham	Framingham, MA	1-2
23. All Car	Green Bay, WI	1-2
24. OTB Middletown	Middletown, NY	1-2
25. Midland Explorers	Midland, MI	1-2
26. Ferrill Mobile Homes	Scott City, MO	1-2
27. Seattle Pay-n-Pack	Seattle, WA	1-2
28. Strohs/Gatsby's	St. Paul, MN	1-2
29. Allentown Patriots	Allentown, PA	0-2
30. Aurora Dolan & Murphy	Aurora, IL	0-2
31. Caldwell	Caldwell, TX	0-2
32. La Pizza/Henry J's	Des Moines, IA	0-2
33. Effingham T & A	Effingham, IL	0-2
34. Potter Enterprises	Nashville, TN	0-2
35. Paddock Pools & Spa	Phoenix, AZ	0-2
36. Pine Bluff Rebels	Pine Bluff, AR	0-2
37. Peckham's Place	Stillwater, NY	0-2
38. Taylorville-Max Klemm	Taylorville, IL	0-2

FINAL RESULTS

1988 Iowa A.S.A. Men's Major State Fastpitch Tournament

Standings

1.	La Pizza/Henry J's	(Des Moines)	5-0
2.	Fleck's Miller	(Cedar Rapids)	5-2
3.	Quad City Rebels		3-2
4.	Teleconnect	(Cedar Rapids)	4-2
5.	Truck Haven	(Sioux City)	2-2
6.	Wiggy's Irish Pub	(Des Moines)	3-2
7.	Waterloo		2-2
8.	Geneva Grain		2-2
9.	Pizza Ranch	(Hawarden)	1-2
10.	Killduff		1-2
11.	LaVine Sales	(Des Moines)	1-2
12.	Gene's Tap	(Brunsville)	1-2
13.	Hupp Electric	(Cedar Rapids)	0-2
14.	Van's	(Moravia)	0-2
15.	Pride	(Fort Dodge)	0-2
16.	Reasnor		0-2

ALL-TOURNAMENT TEAM

Most Valuable Pitcher	Denny Linderbaum	(La Pizza/Henry J's)
	5-0	2.12 ERA
Most Valuable Player	Bob Fontana	(La Pizza/Henry J's)
	7-15	7 R.B.I.'s .467
Infield		
	Ben Edwards	(La Pizza/Henry J's)
	.467	4 R.B.I.'s
	Trent Rubley	(Quad City Rebels)
	.353	7 R.B.I.'s
	Keith Peterson	(Quad City Rebels)
	.500	3 R.B.I.'s
	Terry Feye	(Teleconnect)
	.533	4 R.B.I.'s
Outfield		
	Bob Fontana	(La Pizza/Henry J's)
	Brian Dixon	(Fleck's Miller)
	.250	10 runs scored
		5 stolen bases
	Kevin Hartwig	(Teleconnect)
	.500	11 R.B.I.'s
		3 home runs
Pitchers		
	Denny Linderbaum	(La Pizza/Henry J's)
	5-0	2.12 E.R.A.
	Warren Gichard	(Fleck's Miller)
	4-1	1.44 E.R.A.
Utility		
	Jody Hennigar	(Teleconnect)
	.500	4 R.B.I.'s



Des Moines Medical Group, P.C.

"Health Care for you & your family"

6101 S.W. 9th
285-0934

3311 S.W. 9th
243-4800

**GOOD
LUCK!**

RESULTS

FIRST ROUND

Teleconnect	14	Reasnor	2
La Pizza-Henry J's	5	Pizza Ranch	4
Fleck's Miller	9	Fort Dodge Pride	1
LaVines	6	Killduff	0
Wiggy's Irish Pub	3	Waterloo	1 (13)
Quad Cities Rebels	7	Van's	2
Geneva Grain	6	Gene's Tap	1
Truck Haven	2	Hupp Electric	1 (8)

SECOND ROUND

La Pizza-Henry J's	3	Teleconnect	2
Fleck's Miller	6	LaVines	0
Quad Cities Rebels	8	Wiggy's	0
Truck Haven	8	Geneva Grain	6

LOSER'S BRACKET

Pizza Ranch	5	Reasnor	1
Killduff	6	Fort Dodge Pride	0
Waterloo	9	Van's	0
Gene's Tap	12	Hupp Electric	3



SEMI FINALS — WINNER'S BRACKET

LaPizza-Henry J's	2	Fleck's Miller	0 (8)
Quad Cities Rebels	3	Truck Haven	0

LOSER'S BRACKET

Geneva Grain	2	Pizza Ranch	1
Wiggy's Irish Pub	5	Killduff	3 (12)
Waterloo	10	LaVines	2
Teleconnect	14	Gene's Tap	3
Wiggy's Irish Pub	7	Geneva Grain	4 (8)
Teleconnect	5	Waterloo	1
Fleck's Miller	10	Wiggy's	4
Teleconnect	6	Waterloo	1
Fleck's Miller	6	Teleconnect	2

WINNER'S BRACKET FINAL

La Pizza-Henry J's	5	Quad Cities	4
--------------------	---	-------------	---

LOSER'S BRACKET FINAL

Fleck's Miller	3	Quad Cities	2
----------------	---	-------------	---



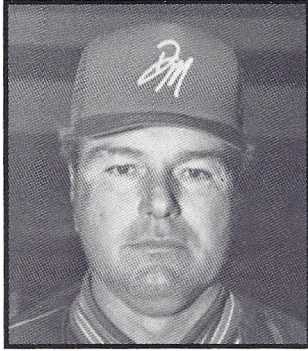
CHAMPIONSHIP

La Pizza-Henry J's	9	Fleck's Miller	6
--------------------	---	----------------	---

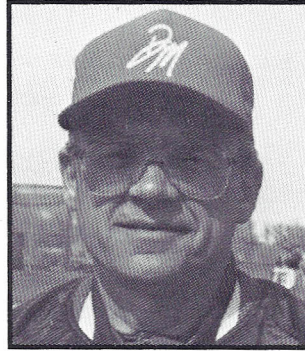
MAJOR IOWA STATE CHAMPIONS

<i>Year</i>	<i>Location</i>	<i>Champion</i>
1932	Fort Dodge	Des Moines Old Pals
1933	Des Moines	Des Moines Old Pals
1934	Des Moines	Boone Patty Anne
1935	Sioux City	Boone Dairy
1936	Boone	Waterloo Schukeo Chevrolet
1937	Des Moines	Boone Nite Hawks
1938	Des Moines	Des Moines Iowa Pack
1939	Des Moines	Waterloo Schukei Motors
1940	Waterloo	Sioux City Sioux Toolers
1941	Waterloo	Des Moines Iowa Pack
1942	Des Moines	Des Moines Boyt Harness
1943	Des Moines	Fort DodgeTobin Packing
1944	Des Moines	Clarinda P.O.W. Camp Guards
1945	Des Moines	Clarinda P.O.W. Camp Guards
1946	Des Moines	Waterloo John Deere
1947	Des Moines	Des Moines Willkie House Vets
1948	Cedar Rapids	Waterloo John Deere
1949	Boone	Sioux City Burnett Motors
1950	Boone	Cedar Rapids Danceland
1951	Boone	Des Moines Hot-N-Tots
1952	Boone	Sioux City Blue Bunny Ice Cream
1953	Boone	Cedar Rapids Whitey's Auto
1954	Boone	Des Moines Glen Towers Truckers
1955	Boone	Des Moines Glen Towers Truckers
1956	Boone	Des Moines Nite Hawks
1957	Boone	Sioux City Harbeck's Footwear
1958	Boone	Boone Merchants
1959	Boone	Sioux City Investors
1960	Des Moines	Boone Merchants
1961	Des Moines	Cedar Rapids Fleck's Falstaff
1962	Des Moines	Cedar Rapids Fleck's Falstaff
1963	Des Moines	Des Moines Club Cavalier
1964	Des Moines	Sioux City Gibson's Appliance
1965	Des Moines	Cedar Rapids Fleck's Falstaff
1966	Des Moines	Des Moines Great Plains Bag
1967	Des Moines	Cedar Rapids Larry Lange Ford
1968	Des Moines	Cedar Falls Larry Lange Ford
1969	Des Moines	Cedar Rapids Welty Way
1970	Des Moines	Cedar Rapids Welty Way
1971	Ames	Cedar Rapids Welty Way
1972	Des Moines	Clear Lake Butt'r Topp
1973	Des Moines	Des Moines Bombers
1974	Cedar Rapids	Des Moines Bombers
1975	Cedar Rapids	Clear Lake Butt'r Topp
1976	Des Moines	Cedar Rapids Collins
1977	Des Moines	Cedar Rapids Modern Piping
1978	Des Moines	Clear Lake Butt'r Topp
1979	Cedar Rapids	Des Moines Bombers & Cedar Rapids Modern Piping (co-ch)
1980	Des Moines	Clear Lake Butt'r Topp
1981	Cedar Rapids	Clear Lake Butt'r Topp
1982	Cedar Rapids	Des Moines Coors Bombers
1983	Sioux City	Clear Lake Butt'r Topp
1984	Cedar Rapids	Sioux City Penn Corp
1985	Cedar Rapids	Davenport Thoms Proestler
1986	Cedar Rapids	Sioux City Penn Corp
1987	Des Moines	Cedar Rapids Teleconnect
1988	Cedar Rapids	Des Moines La Pizza-Henry J's

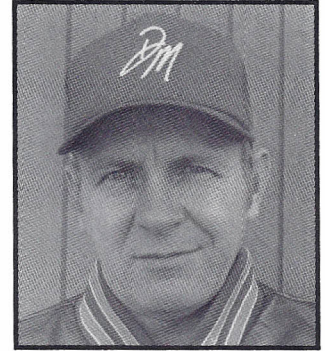
MANAGEMENT STAFF



**Jack
Deaton**



**Lou
Yacinich**



**Bob
Daniels**

The Des Moines Metros fastpitch softball team would like to thank Henry J's Taco House, Hopkins Sporting Goods, and LaPizza House Restaurant for their loyal sponsorship of our team.

Also, a special thank you to the businesses and individuals who made this yearbook possible by purchasing advertising space.

Merchants from Ames, Ankeny, Indianola, West Des Moines, and the entire Des Moines metro area are part of this yearbook. We urge you to patronize these businesses to show your appreciation of their support of fastpitch softball in the Des Moines area.

*Thank you
The Des Moines Metros Fastpitch Softball Team*

Guaranteed Micrographics

FINER PRODUCTS THROUGH IMAGINATION

OVER 26 YEARS
EXPERIENCE

Norm Lust

SALES & SERVICE
MOTION TECHNOLOGY
NB JACKETS
MICRO DESIGN
XIDEX
SERVICE & SUPPLY

- INFORMATION CONSULTING
- RECORDS MANAGEMENT & STORAGE
- MICROGRAPHICS
- EQUIPMENT & SUPPLIES
- COMPUTER ASSISTED RETRIEVAL
- STANDARDS & PROCEDURES

244-7200

"Good Luck Des Moines Metros"

301 S.W. 14TH

DES MOINES FASTPITCH SOFTBALL HALL OF FAME

The Des Moines Softball Hall of Fame (Fastpitch) was established in 1970 for the purpose of furthering the game of Fastpitch softball in Des Moines and surrounding towns. Fastpitch softball has been a part of the Des Moines softball scene and we are trying to keep it alive.

The Hall of Fame has its headquarters at the LaPizza House, 1013 S.E. 14th St. Open to the public upstairs.

Nominations for membership and for the Hall of Fame are accepted throughout the year. Complete factual resumes should be mailed to Irv Kawarsky, Secretary, 900 Sherry Lynn Blvd. #20, Des Moines, Iowa 50317 or to any member of the Hall of Fame. For information, call 262-3059.

Selection of new members takes place in September with the induction ceremony taking place in October.

The Hall of Fame sponsors an "Early Bird" Men's and Women's Fastpitch tournament each year in May. This year's tournament will be held May 13-14 at the Bob Savage Softball complex located at Easton & Hubbell behind the K-Mart.

Shade Tree

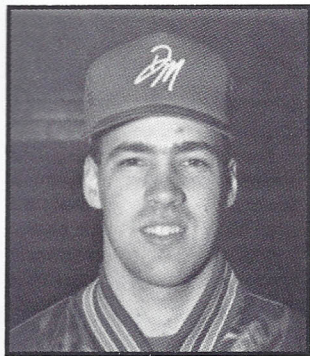
Barber Beauty Clinic
2211 Hickman, Suite 1A
(515) 274-2017

Tues. • Thurs. 9 a.m. to 7 p.m.
Wed. • Fri. • Sat. 9 a.m. to 6 p.m.
Appointments Preferred

Gaylynn
Veatta
Margaret
Marlene
Raymond
George



Cutting • Styling • Perms
Braids • Curls • Extensions
A Shade Above the Rest



Lou Yacinich
 #30 2B/Shortstop
 Age: 25
 Des Moines, Iowa
 5' 11" 170 lbs.
 Lennox Industries, Inc.

Lou is in his fourth year in fastpitch. While playing baseball at Grandview College, Lou was named to the NAIA All American Team his junior and senior years. Lou has already played in three A.S.A. State and one A.S.A. National Tournament. Lou and his wife Kimberly are new parents to their daughter, Courtney.



**Since 1932 we have
 been providing Top
 Quality Chevrolet
 Sales and Service**

KSW CORPORATION

"Specialists in Precision Grinding"

— Sales & Service —

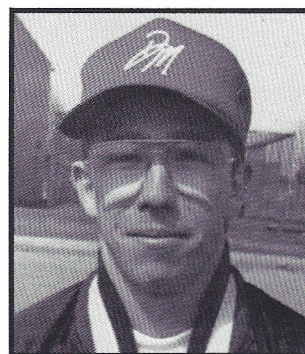
- paper knives • shear knives
- plastic knives • metal cutting blades

— Grinding Capacities —

- Straight knife — 17" x 16" x 8"
- Circular — up to 44"
- Toothed metal blades — up to 40"

Home Office
 1731 Guthrie Ave.
 Des Moines, Iowa 50316
 Phone (515) 265-5269
 FAX (515) 265-9072

Dallas Plant
 2970 Blystone Lane, Suite 101
 Dallas, Texas 75220
 Phone (214) 350-1943
 FAX (214) 351-2542



Mike Olson
 #18 Infield
 Age: 21
 Boone, Iowa
 5' 10" 150 lbs.
 Student

Mike attended two years of college at the Des Moines Area Community College at Boone before transferring this past year to Grandview College in Des Moines. Mike will be a senior this year at Grandview. He is in his third season of fastpitch, and his first year with the Metros.

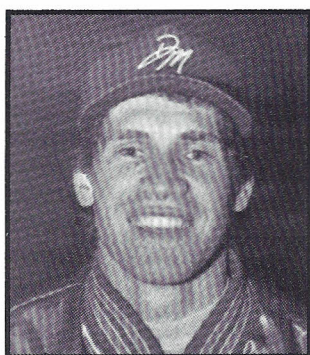
X ARL



964-4255

I-35 Exit 90

800-622-81



Dave Donahue

#12 Outfield

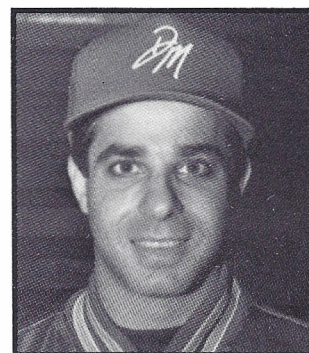
Age: 29

Ankeny, Iowa

6' 0" 175 lbs.

3M Ames, Iowa

Dave is a former Monroe High School athlete, in his ninth season of fastpitch softball. Dave started his softball career with Reasnor, Iowa, and played on the 1986 Class A Champions. Since then, Dave has played on two teams in national tournaments. Dave and his wife Linda, have a son, Kyle, and a daughter, Kayla.



Chris S

#3 I

Age

Pasaden

5' 10"

Norwes

Chris has lived in Des Moines most of his life, attending high school at Dowling and L... High Schools in Des Moines. Chris attended college at Central Missouri State University. He enjoys spending his spare time with his parents, John and Joanne. Chris has a 5 year old daughter, Nicole Marie.



ESTABLISHED SEPTEMBER 1967

GREAT SANDWICHES,
STEAKS, SEAFOOD,
CHICKEN, MEXICAN
& ITALIAN FOOD

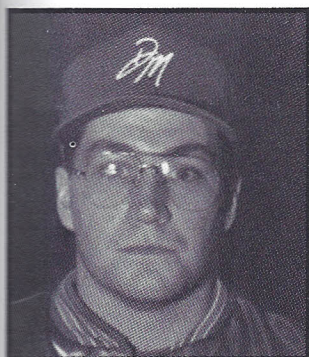
SERVING 11:00 AM
TILL MIDNIGHT
Closed Holidays & Sundays

Carry-Out Available

302 S.W. Maple St.

964-5084

Ankeny, Iowa



Tom Bakey

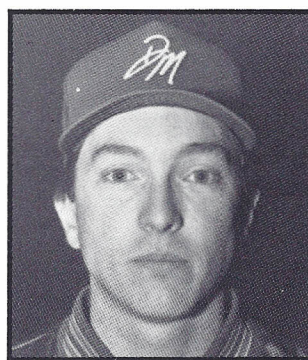
#5 Pitcher

Age: 28

Dubuque, Iowa

6' 0" 190 lbs.

Oskaloosa Community Schools



Byron Peyton

#7 Shortstop

Age: 29

Troy Mills, Iowa

5' 11" 165 lbs.

Teacher, Pekin Elementary

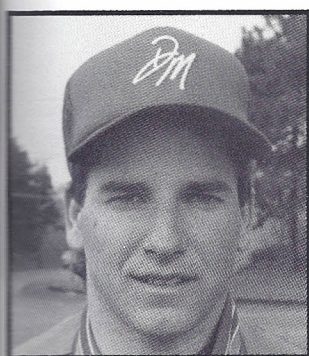
Tom has been pitching for nine years, mostly in the Cedar Rapids and Des Moines areas.

Tom and his wife Kim have a daughter, Sara.

Byron is in his fifth year of fastpitch softball.

He played for three seasons with Fleck's

Sales in Cedar Rapids, Iowa. Byron is in his second year with the Metros.



Brian Dixon

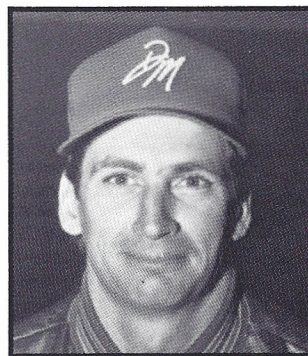
#2 Outfield/3B/Catcher

Age: 21

Springfield, Missouri

5' 11" 175 lbs.

Student



Randy Ripperger

#24 Infield

Age: 34

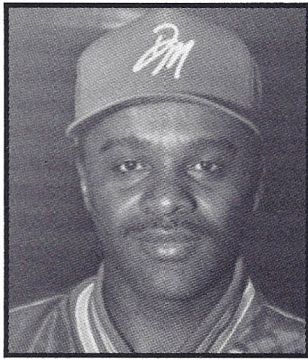
Melcher, Iowa

5' 11" 180 lbs.

Teacher-Coach
West Des Moines

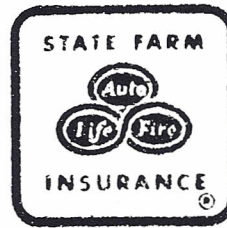
Brian attended Southwest Missouri State University at Springfield his freshman year, before transferring to the University of Northern Iowa, where he is going into his senior year this year. Last season, in his first season in fastpitch, Brian was named to the All-State team in the Iowa State Tournament.

Randy has enjoyed fastpitch softball for the past 13 years. He has played for the Collins Radio team in Cedar Rapids, Iowa, as well as locally for the Reames Noodles team and the Des Moines Bombers. Randy and his wife Mary have two daughters, Sarah and Kelly.



A. Ben Edwards
 #4 Infield
 Age: 40
 Des Moines, Iowa
 5' 7" 160 lbs.
 Teacher
 Meredith Middle School

Several teams across Iowa have had the pleasure of having Ben as a player. Ben has played with the following teams: Jets, C and P Vending, Reames Noodles, Des Moines Bombers, Modern Piping, Iowans, Collins Radio, Henry J's/La Pizza and the Des Moines Metros. Ben has received MVP honors many times, including the 1986 A.S.A. Regional and 1987 A.S.A. State in Iowa.



ORV SALMO
 Age

1906 Grand Av
 West Des Moines, Iowa 502

Bus.: (515) 224-94

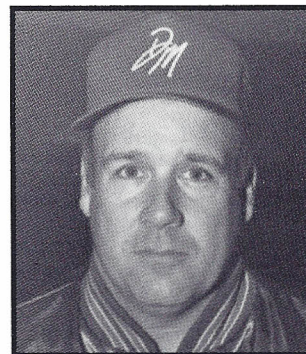
*"Best of luck
 to the Metros!"*

Gordon's Wholesale

Distributors of
 candy, cigarettes, tobacco, grocery

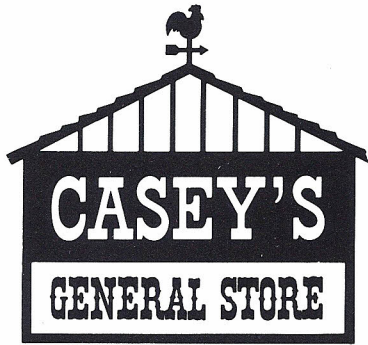
*Serving the Midwest for
 50 years.*

Des Moines, IA 50321
(515) 262-5805



John Kelly
 #17 Outfield/1B
 Age: 40
 Des Moines, Iowa
 6' 1" 220 lbs.
 Johnson Controls

John is a graduate of Iowa State University where he was a member of their football team. John has been on several outstanding teams in the Des Moines area, such as Reames Noodles, the Des Moines Bombers, and the Henry J's/La Pizza team. During his career, John has played on 3 Iowa state championship teams.



STOP AND SEE US AFTER THE GAME

at either
Ankeny stores

3rd & Hwy. 69

or

E 1st & I-35
Exit 92

OPEN

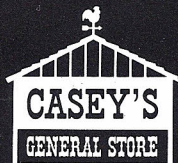
5:30 a.m. to 11:00 p.m.



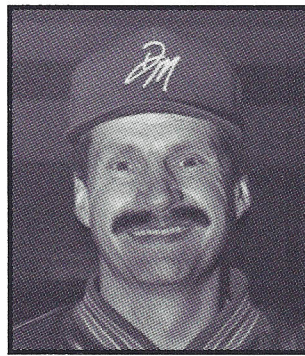
IOWA REALTY
COMMERCIAL BROKERS



ZANE B. SMITH BUS. 515/224-5737

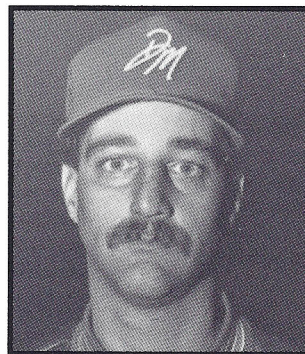


MORE THAN JUST A CONVENIENCE STORE



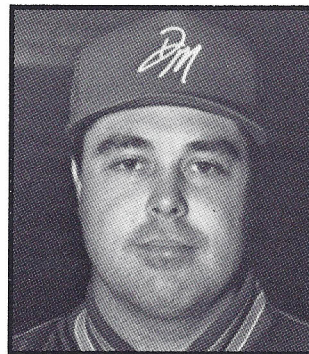
Dennis Linderbaum
#6 Pitcher
Age: 40
Cresco, Iowa
6' 6" 205 lbs.
Iowa College Foundation

Denny has pitched for 20 years, winning 499 games in his career. He has played for 3 Iowa State Champions, and in 1988 was named Most Valuable Pitcher in the A.S.A. Iowa State Tournament.



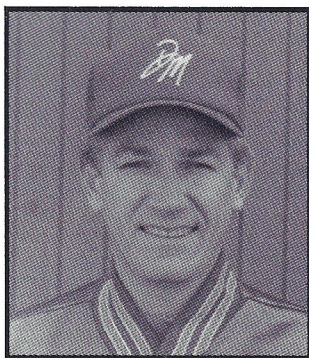
Don Dietz
#11 Catcher
Age: 35
Des Moines, Iowa
5' 11" 185 lbs.
Norwest Bank

Don has been playing softball for nine years. During that time, Don has played on four city championship and one state championship teams. Don has a 7 year old daughter, Jennifer.



Dave Sharp
#9 Catcher
Age: 27
Ankeny, Iowa
5' 9" 185 lbs.
Ankeny Community Schools

Dave was a second team all-state selection in baseball while playing for Ankeny High School. He is beginning his ninth season in fastpitch softball and his second season with the Metros. Dave is a graduate of the University of Northern Iowa, and is currently coaching football, wrestling and baseball at Ankeny.



Jay Coleman
 #10 Outfield
 Age: 32
 Ste. Genevieve, Missouri
 6' 0" 180 lbs.
 Roche Laboratories

Jay has enjoyed a fastpitch career thus far with such teams as Modern Piping, the Iowans, and Collins Radio, all of Cedar Rapids, Iowa, as well as last season with the La Pizza/Henry J's squad. Jay and his wife Sheri are in their ninth season of fastpitch softball.

MOTEL RESTAURANT LOUNGE

Orleans Trail Resort

- 50 Air Conditioned Rooms
- Family Style Dining in Beautiful Lakeview Restaurant
- Cocktail Lounge, Patio Dining, Package Sales
- Across from Campground, Next to Marina
- Convention Facilities, Meeting Rooms
- Outdoor Barbeque Grills, Children's Playground

Rt. 3, Stockton (417) 276-3566

on the lake

*Owned by Phil & Barb Wilkinson,
formerly of Des Moines*

Bob's Custom Trophies

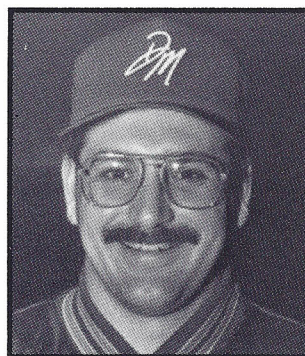
- Trophies
- Plaques
- Medals
- Badges
- Signs
- Computerized Engraving

For the fastest service possible

• • •

**216 West Salem
Indianola, Iowa 50125**

515-961-7342



Bob Fontana
 #16 Outfield/3B/1B
 Age: 30
 Ankeny, Iowa
 6' 1" 210 lbs.
 Teacher-Coach
 West Des Moines

Bob credits his start in fastpitch to his father, Ron, Galyn Johnson, and Jack Loutsch. Bob is a graduate of Ankeny High School and the University of Northern Iowa. In 1988, Bob was tourney MVP in the N.E. Missouri Tourney and the Iowa State Tournament, and participated in the A.S.A. Nationals and I.S.C. World Tournaments. Bob and his wife Shari are expecting their first child in October.



LOW COST COVERAGE

National Claims Service

MEMBER COMPANIES
FARMERS INS. CO., INC.
FIRE, TRUCK, FARMERS
INSURANCE EXCHANGES
MID-CENTURY INS. CO.
FARMERS NEW WORLD LIFE INS. CO.
FAST....FAIR....FRIENDLY

The Catastrophe

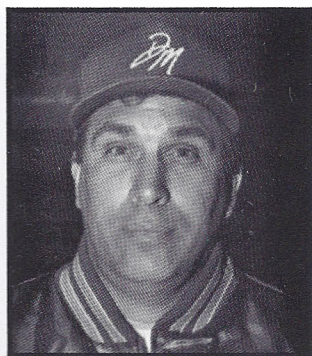
BEAUTY SALON

2940 E. Broadway
Des Moines, Iowa 50317

Phone: 266-8148

Pat Mitchell

*Super Styles
for guys & gals*



Dave Quijano

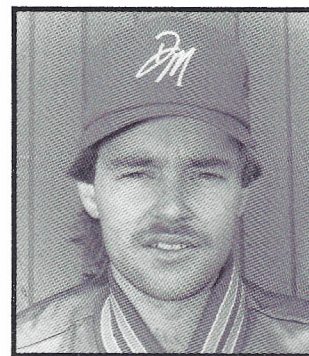
#33 1B

Age: 42

Des Moines, Iowa

6' 1" 200 lbs.

Meredith/Burda



Warren Gichard

#14 Pitcher

Age: 25

New Zealand

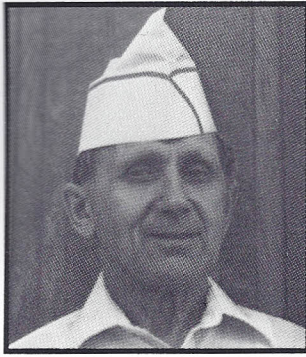
6' 0" 165 lbs.

owns Screen Printing business

David is entering his 27th and last season of fastpitch softball. He's been fortunate to have played on two state championship teams, and seven teams that have won city titles. David and his wife Carol have two daughters, Michele and Amy, and a son, Isaac.

Warren has been pitching for 15 years. For the past 5 years Warren has pitched in Cedar Rapids, Iowa. Warren is in his first season with the Metros. He and his wife Lori have a 2 year old daughter, Hanna.

LA PIZZA HOUSE



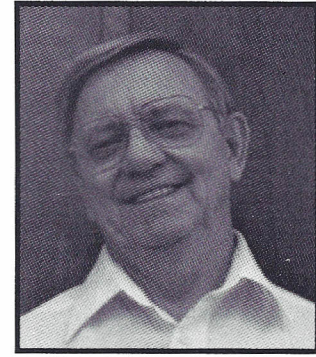
Abbie Polito

Abbie started playing fastpitch softball at the age of 18. He retired when he was 40. Abbie played for H & H Tire, Storz Beer, V.F.W. and O.L.I.H. of Ankeny. Abbie built the O.L.I.H. softball field in 1964. The highlight of his softball career was being able to catch 90% of the pitchers in the Des Moines area during his career. Abbie was inducted into the Women's State Softball Hall of Fame and the Des Moines Softball Hall of Fame as a sponsor. Abbie was inducted into the Des Moines Hall of Fame in 1970 as a player.

At one time Abbie had sons playing baseball for Dowling, Ankeny, and in the majors and minors in Little League.

Abbie and his wife, Maryalice have six children. They are Marty, David, Andy, Tom, Connie, and Shellie.

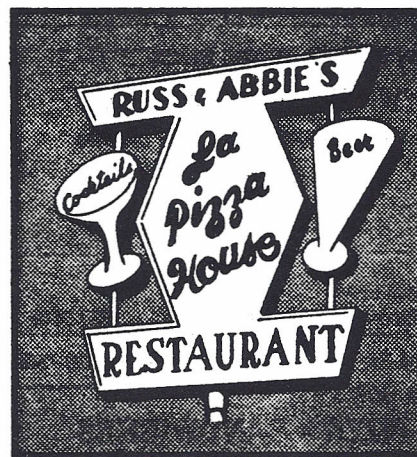
La Pizza House opened its doors in 1953 and has been sponsoring fastpitch softball teams ever since. La Pizza House has always had very competitive teams. Their men's team won the 1988 Major Open State Championship and their women's teams won four state titles. The 1977 La Pizza House Kittens also won the regional title and finished 11th in the nation.



Russ Reel

Russ started playing fastpitch softball at the age of 12. He played for 28 years. Russ played for Shock Absorbers, Home Federal, Glen Towers, H & H Tire, V.F.W. and O.L.I.H. of Ankeny. Russ competed in 12 state tourneys and one national tourney. Russ played left field. He was inducted into the Des Moines Softball Hall of Fame, both as a player and a sponsor. Russ has served as treasurer of the Hall of Fame.

Russ says he enjoys working and a lot of good people through softball. Highlights of his career are winning the State V.F.W. tourney in 1952 to go on to the nationals and the 1988 La Pizza House team winning the state championship. Russ and his wife Veronica have one daughter, Sandra.



La Pizza House "PIZZA TO GO"

COCKTAILS

• SPAGHETTI • RIBS
• SEA FOODS • STEAKS • CHICKEN

MONDAY, TUESDAY & WEDNESDAY
4:00 PM — 11:30 PM

THURSDAY, FRIDAY & SATURDAY
4:00 PM — 1:00 AM

CLOSED SUNDAY

PRIVATE DINING ROOM

288-2211 OR 245-9205

1013 SE 14th

SINCE 1892

Iowa's oldest and largest
sporting goods center

Hopkins


SPORTING GOODS, INC.

OFFICIAL OUTFITTER OF THE
D.M. METROS

DUDLEY
Softballs


Champion
gloves

Rawlings[®]


EASTON
BATS

NIKE[®]

100th & Hickman
Des Moines 270-0132
Store Hours
10-6:30 M-F
9-5:30 Sat.
Noon-5 Sun.

5th & Locust
Skywalk Level
Des Moines 243-0121
Store Hours
10-5 M-F
10-2 Sat.

1-800-362-2937