

INGLESIDE INVADERS
MAGAZINE 1987

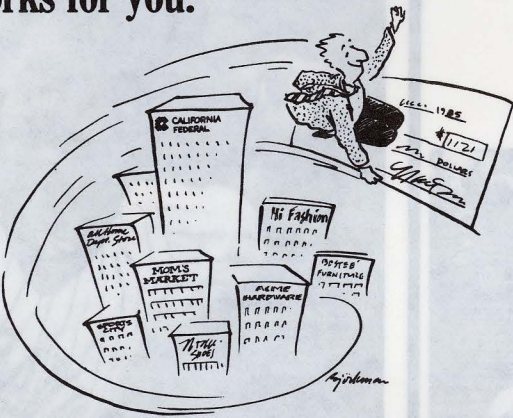
In this season's issue:

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On the cover (clockwise from top left corner): Rick Earle singles off the Tigers' Duncan Hunt; Andre Rodriguez tags a runner at first base; outfielder John Lillis warms up before a game; and finally, the players and coaches celebrate their first year in San Francisco Recreation & Park Baseball, after a 7-2 championship loss to the veteran Argonne Cardinals in 1986.

Photos by Richard Harrington, Sr.

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2nd Annual Invaders Trivia Quiz

- 1. Of the 20 total players on the Invader roster, nine are born in this month. What month is it?
2. Despite having many extra base hits, the Invaders had only one home run last season. Who hit it?
3. One team in the league this year possesses the name of a past professional team in the City. What is the team and in what team did its name-sake play?
4. Who played in the most games for Ingleside in 1986 and who had the most at-bats for the Invaders last season?

(answers on page nine)

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League Schedule 1987

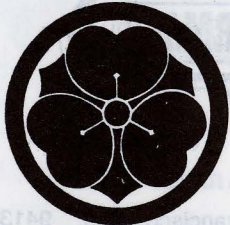
Table with 6 columns: Away, Home, Field, Day, Date, Time. Rows include games between Ingleside Invaders, Mission Reds, Argonne Cardinals, Grand Lodge Tigers, Ocean View Waves, Crocker-Amazon A's, Rossi Angels, Sunset Peanuts, and Jackson Jays.

PLAYOFFS & CHAMPIONSHIP ALL-STAR GAME

Dates and times to be announced. Consult S.F. Examiner, S.F. Progress, S.F. Independent for information during season.

PRACTICE GAMES & INVADER INFORMATION: Information on recently played league and practice games and upcoming contests can be obtained by calling 333-4797.

PARK LOCATIONS: Balboa Park (Sweeney & Sundberg Fields): Ocean & San José Avenues; Big Rec Ballfields (Graham & Nealon Fields): Lincoln Way & Seventh Avenue; Rossi Playground: Arguello Boulevard & Anza Street; Crocker-Amazon Playground: Moscow & Italy Streets.



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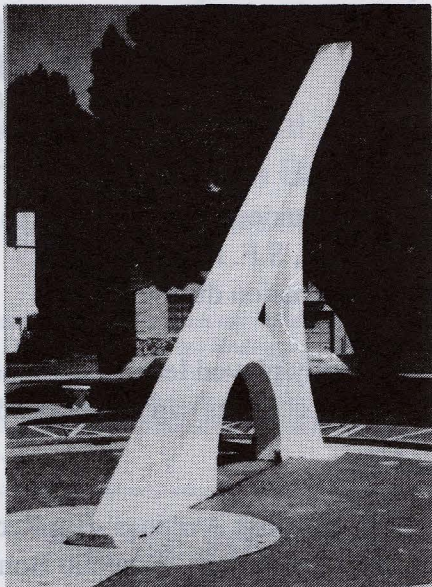
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One of San Francisco's little-known landmarks:  
World's Largest Sundial in Ingleside Terraces

You won't find any major tourist attractions in the Ingleside area. No Golden Gate Bridge, Coit Tower, or Lombard Street. Instead of cable cars, we have streetcars. But the world's largest sundial can be found in the Ingleside Terraces:



The 1987 Guinness Book of World Records lists the Ingleside Sundial, located inside of the Entrada Court circle, as the world's largest. A Story in February's Portalwood Press credits Robert Karlis and his sons, Dirk and Andrew, for turning in the measurements that they made on the timepiece to the record-keepers at Guinness. The sundial has a vertical height of 17'1", a diameter of 33'10", and a length from the base to the top (the gnomon) of 28'4".

The sundial was built by Joseph A. Leonard, present of the Urban Realty Improvement Company, and was dedicated on October 10, 1913. Leonard designed and built the Ingleside Terraces on the site of the old Ingleside Race Track (Urbano Drive follows the race track's path). Leonard also developed the Richmond Heights and Jordan Park tracts in the City.

Until the accurate measurements were taken, the Ingleside Sundial was considered the largest in the Western United States. A Sundial in Richmond, Virginia had been listed as the largest, with a 25 foot gnomon.

Now you're up to date on the latest sundial news. Some sunny day, why not picnic at the Ingleside area's number one landmark—the Ingleside Sundial.

Sources: S.F. Examiner, August 2, 1971 p. 45, "Sun Dial's Designer Uncovered," by Almerna Lomax. Portalwood Press, February 1987, p. 7, "Ingleside Terraces' Sundial Makes the Guinness Book," by Colleen Clausen.

Ingleside Sundial turns 74 on October 10

The 1987 INGLESIDE INVADERS Baseball Club

#	PLAYER	SCHOOL	AGE	HT.	WT.	BATS	THROWS	POSITIONS
3	NEELY, Michael	McAteer	18	6'3"	185	R	R	OF-P-1B
4	WONG, Mark	Sacred Heart	18	5'6"	145	R	R	INF
5	RUANE, Michael	St. Ignatius	16	6'2"	165	S	R	INF-P
6	EISON, Kevin	Lowell	18	5'11"	185	R	R	OF
7	RAMMING, Martin	Riordan	18	6'0"	200	R	R	C
8	POWERS, Mark	St. Ignatius	17	5'9"	145	R	R	INF
11	POON, Albert	Lowell	18	5'10"	155	R	R	2B-OF
12	ORTIZ, Victor	Riordan	18	5'9"	165	L	L	P-OF-1B
13	NAZAR, Joe	Lincoln	16	6'0"	155	S	R	INF-P
16	CARRANZA, Joe	Balboa	18	5'7"	165	S	R	INF-P-OF
18	HARNESS, Jamie	Balboa	17	6'2"	185	L	R	C-INF-OF
19	MICHAEL, Andre	O'Connell	18	6'1"	195	R	R	P-INF
22	HERNANDEZ, Carlos	St. Ignatius	15	5'10"	155	R	R	OF-P
26	SELVA, Will	St. Ignatius	15	5'9"	150	L	L	OF-1B
31	UBUNGEN, Freddie	St. Ignatius	15	5'6"	140	R	R	OF-P
35	PARKER, Irving	Lincoln	17	5'11"	160	S	R	INF-P
36	EGUSQUIZA, John	Riordan	18	5'6"	135	R	R	OF
42	APARICIO, Eddie	St. Ignatius	18	5'11"	190	R	R	OF-C-P
43	GAULT, Livie	Oceana	18	5'8"	150	S	R	OF-SS
00	BARBARI, Nadar	Mission	18	5'10"	155	R	R	INF-P
27	BAC, Marty	Aptos	14	5'11"	145	S	R	Team Manager

COACHES

17	HARRINGTON, Dan	Head Coach
15	HANEY, Mike	Assistant Coach
20	EARLE, Rick	Assistant Coach
25	BREAUX, Duane	Assistant Coach

\* Due to summer vacations and football practice, the Invaders employ a 2-man taxi-squad so that the team can maintain an 18 player roster throughout the season.

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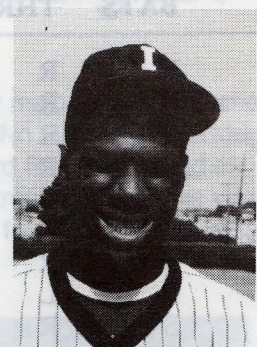
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Gwen Manfrin

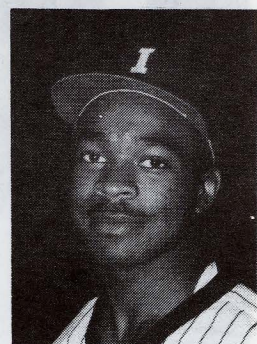


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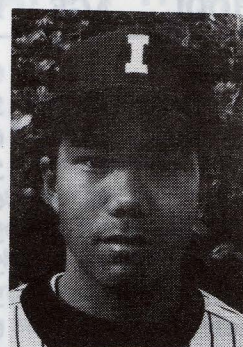
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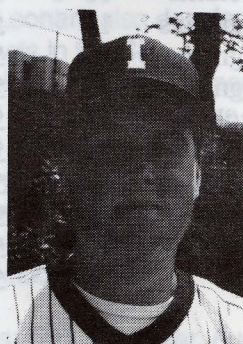
3 Michael Neely



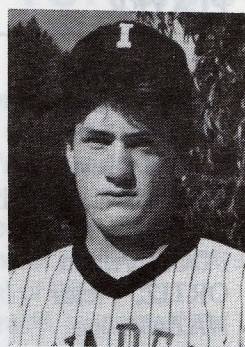
6 Kevin Eison



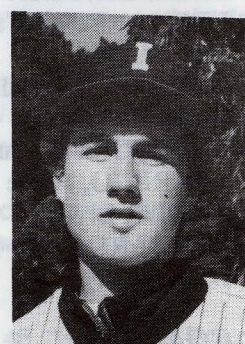
4 Mark Wong



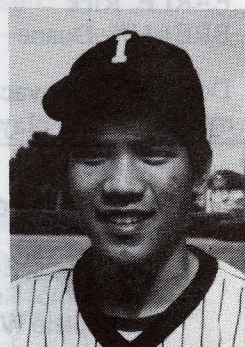
7 Martin Ramming



5 Michael Ruane



8 Mark Powers



11 Albert Poon



12 Victor Ortiz

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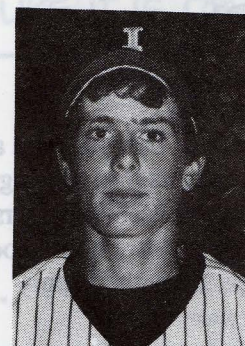
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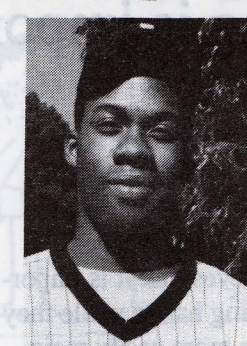
# "THE ATTACK IS BACK!"



13 Joe Nazar



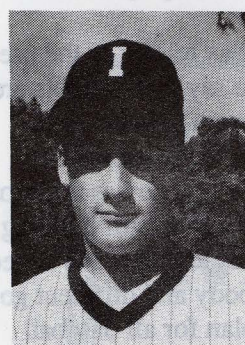
16 Joe Carranza



18 Jamie Harness



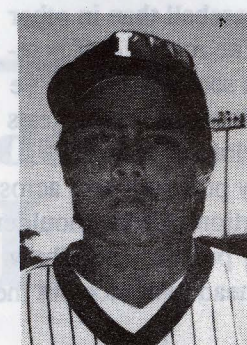
19 Andre Michael



22 Carlos Hernandez



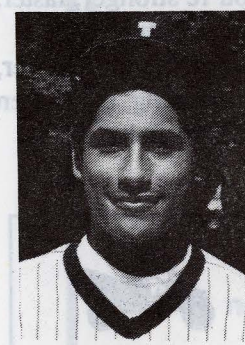
26 Will Selva



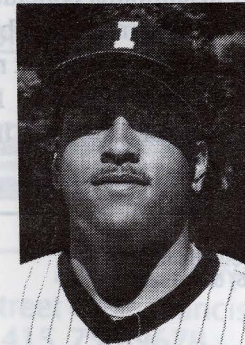
31 Freddie Ubungen



35 Irving Parker



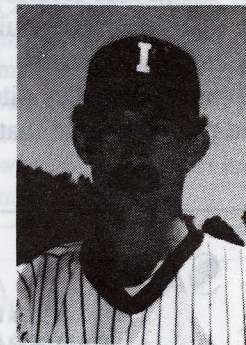
36 John Egusquiza



42 Eddie Aparicio

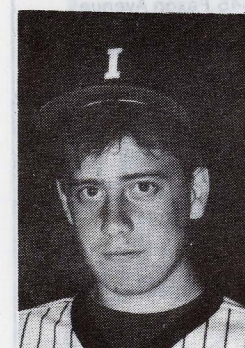


43 Livie Gault



00 Nadar Barbari

### HEAD COACH



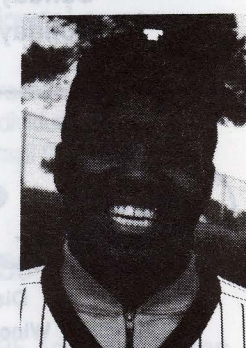
17 Dan Harrington



15 Mike Haney



20 Rick Earle



25 Duane Breaux

### COACHES



## Rangers to Invaders..... Conditioning is important for Baseball Players

Michael Fitzsimmons, new Fitness Director at the Stonestown YMCA in San Francisco, would probably agree with the saying "You can't teach an old dog new tricks." Fitzsimmons, conditioning coach for several seasons with the Texas Rangers, believes that it is important for athletes to get into conditioning habits while they are young, so that these habits can be more easily maintained during their careers and possibly provide more benefits.

One injury that occurs more in baseball than in other sports is torn rotator cuff muscles. The rotator cuff is responsible for keeping your arm in its socket after you've completed your throwing motion. Fitzsimmons suggests that trying to stretch these often overlooked muscles before throwing is important. Gently pull your arm across your chest to stretch out the back portion of your shoulder joint, then reach overhead and gently pull on your elbow with the opposite hand behind your head to stretch out the other rotator cuff muscles.

Stretching the entire body is important before and after any physical work-out. "The build up of acid is one of those things that creates soreness," Fitzsimmons related. "To reduce the build up, you should try to find a way to stretch afterwards. In addition, big league pitchers ice their arms after they pitch, even guys who haven't had any arm problems, and that probably helps."

Running is important in the game of baseball, and as far as training goes, Fitzsimmons suggests that running windsprints would be more valuable to baseball players than long-distance running, although they are both good. He added that running up hills helps strengthen hamstrings.

"Ideally, a player should have a capacity for energy that is more than the amount of energy needed during a game. If you're in good shape, you can play harder for a longer time," Fitzsimmons noted.

There are many different theories related to the use of weights by baseball players. Some say free weights are best; some say that nautilus equipment is better; still others argue that weights are bad or unnecessary for baseball players. Fitzsimmons says that he has not spotted any conclusive proof that one type of strength building exercise provides better results than another, and added, "Every individual has a different body and different goals. There isn't a single conditioning plan for all baseball players. Each player has to ask what he can do to improve different factors involved in playing the game."

Fitzsimmons concluded, "If you're stronger, faster, quicker, and more flexible, you have a chance to be a better player; it doesn't mean you're going to be better, but you have a chance. It can be frustrating, but if there is anything you can do to improve, it's worth it."

B.C.

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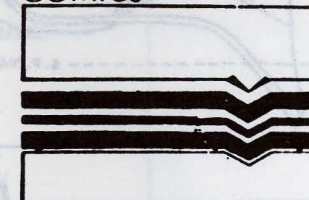
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### Here are the trivia quiz ANSWERS

(questions on page two)

1. Interestingly, nine of the 20 Ingleside Invaders are born in the shortest month of the year, February.
2. St. Ignatius graduate, Peter Nurre.
3. Frank Cassinelli's team from the Mission Recreation Center takes its name from an old Pacific Coast League member, the Mission Reds.
4. Jamie Harness played in every Invader game in 1986, while Nadar Barbari had the most times at-bat.

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# Where is the Ingleside?

San Francisco is small in land area, yet it has many recognizable districts and neighborhoods. The Ingleside, for a number of reasons, has not been one of them.

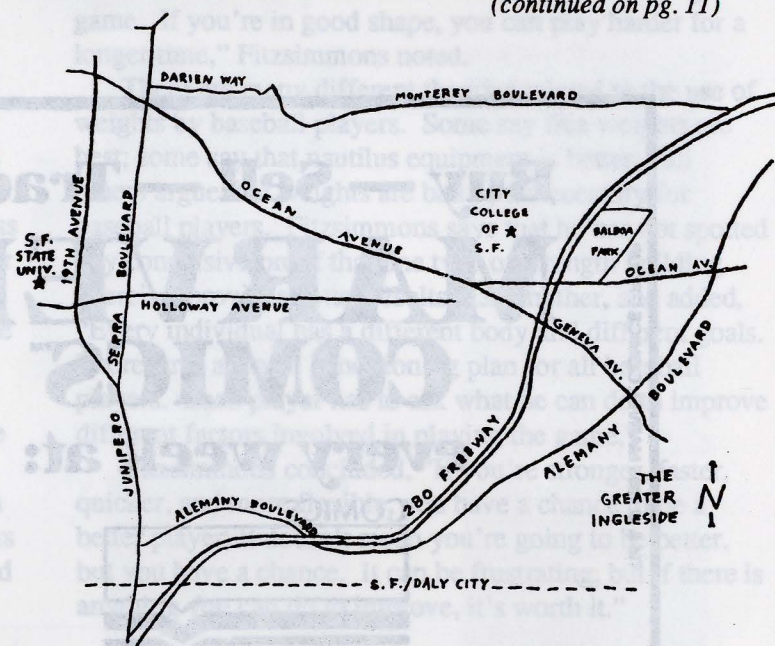
No, Ingleside is not a town near Los Angeles, nor is it just the place where the K-streetcar line ends. It is an area on the southern side of San Francisco with remarkable ethnic, cultural, and aesthetic diversity. Removed from the hustle-and-bustle of Downtown life, the Ingleside has become through the years a place where urban and suburban qualities have meshed to form a unique, if misunderstood, section of the City.

The Ingleside Police Station, located in Balboa Park on Sgt. John V. Young Street, is responsible for San Francisco's largest police district, covering an area from Army Street in the north to the Daly City border in the south, and the Junipero Serra Boulevard and Portola Drive in the west to Freeway—101, the edge of McLaren Park, and Crocker-Amazon Playground to the east. It would be very misleading to claim all of that area as the

Ingleside, however, as there are many other neighborhoods with their own characters inside the police district's limits.

Another description of the Ingleside District has simply been the area bordered by Ocean, Ashton, Lakeview, and Harold Avenues. This explanation doesn't seem entirely correct either, as there are two

(continued on pg. 11)



## Good Wishes to the Invaders from:

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Kai Mander  
Phillip McFadden  
Andre Rodriguez  
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The Fiorentinos Family  
The Thompson Family  
The Alberts Family  
The San Francisco Cardinals  
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Music Masters  
Rodney Stovall  
The Hauser Family  
The Artemoff Family  
Joe & Claudine Hallisy  
The Youth Sports Advisory  
Board of San Francisco  
Mary Ann Zapanta  
St. Cecilia Irish  
St. Thomas More Broncos  
Roger Bross  
Pete Franceschi  
Doug Lee  
Bald Eagle Sporting Goods  
John LeTourneau  
Harry Pooner  
The Greenlaw Family  
OceanView—Merced—Ingleside  
Community Association  
Ingleside Terraces Homes Association  
Warren Baxter  
Allen Robinson  
Nicole Myers  
Aaron Brown  
The Crew of the U.S. Coast Guard Cutter  
Cape Romain  
State Senator Quentin L. Kopp  
Michael Zenone  
Alfonso Maciel

## Where is the Ingleside?

(continued from page 10)

areas outside the borders with "Ingleside" in their names, and the Ingleside Police Station would be one half-mile northeast of those borders.

The greater Ingleside District, in essence, is an area composed of smaller neighborhoods which share many of the same business areas, parks and playgrounds, schools, churches, and community centers. This area includes the Ingleside Terraces, Lakeside, Balboa Terrace, Westwood Park,

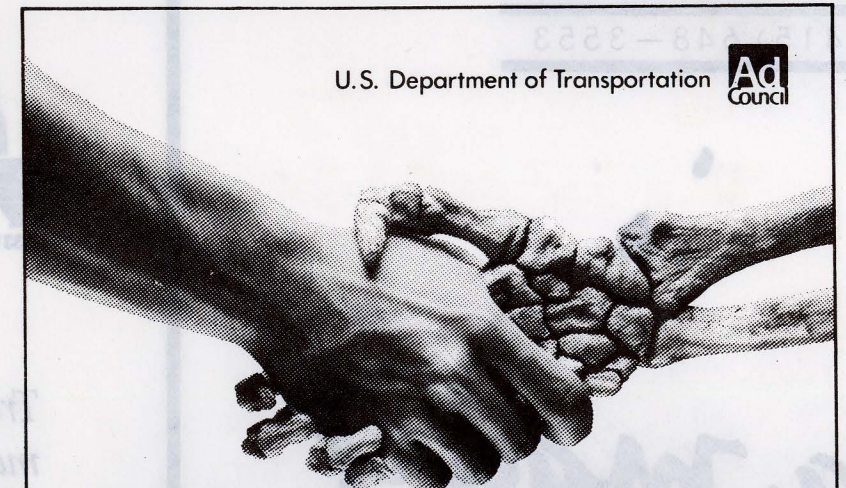
Sunnyside, Balboa Park, Ocean View, Ingleside Heights, Merced Heights, and Ingleside. Approximate boundaries would be Nineteenth Avenue and Junipero Serra on the west, Darien Way and Monterey Boulevard on the North, Cotter Street on the East, Alemany Boulevard from Cotter to the 280-freeway on the east and south, and the 280-freeway plus a minute portion of the Daly City border on the south.

Hopefully, this is a satisfactory explanation for people in the community and others throughout San Francisco who have wondered, "Where is the Ingleside?"

Congratulations to Ingleside Presbyterian Church, celebrating its 80th Anniversary this year!!

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BALL PARK GRILLED HOT DOG - THREE MUSTARDS .....	2.95
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SMOKED TURKEY W/PANCETTA AND PROVOLONE .....	6.50
GRILLED FILET OF SNAPPER ON A SESAME BUN W/HERB MAYONNAISE ....	6.25
HOBOKEN STEAK SANDWICH W/SAUTEED ONIONS AND PEPPERS .....	7.50

### ENTREES

GRILLED VEAL SAUSAGE W/BRAISED CABBAGE .....	6.75
GRILLED BREAST OF CHICKEN ON BLACK BEANS W/FRESH SALSA .....	7.50
THICK CUT PORK CHOP GRILLED W/FRESH PAPAYA CHUTNEY .....	8.95
SPAGHETTI ALLE PESTO W/GRILLED SHRIMP .....	8.25
STEAMED CLAMS & MUSSELS W/CAPPELLINI .....	8.95
FRESH SALMON TROUT - DIPPED IN CORNMEAL & PAN FRIED W/HERB MAYONNAISE .....	7.95
GRILLED SWORDFISH STEAK W/LIME TARRAGON BUTTER .....	10.95
CERTIFIED BLACK ANGUS TOP SIRLOIN GRILLED W/ROASTED ONIONS ....	11.95
PEPPER FILET, GREEN PEPPERCORN AND COGNAC SAUCE .....	13.95

### DESSERTS

CHOCOLATE, CHOCOLATE, CHOCOLATE - FUDGE BROWNIE, CHOC. CHOC. CHIP ICE CREAM, TOPPED W/HOT FUDGE .....	3.50
STRAWBERRY SHORTCAKE .....	3.50
NEW YORK CHEESE CAKE .....	3.50
LEMON MERINGUE PIE .....	3.50
FRESH BERRIES & CREAM .....	3.50

3331 24th Street

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*a. maief*

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