

# Raider rally nips Falcons

By Chris McCooley  
staff writer

The game was not pretty. It was, to be frank, quite ugly. There were 53 turnovers committed. Neither team shot well. It was better-kept, last-person-standing-win basketball.

And yet, down the stretch, the ball-game provided its share of excitement. The last persons standing Thursday night wound up being the brown and gold team from visiting North Farmington — barely standing.

Mo Paradis drained a jumper from 16 feet out with less than 30 seconds left which completed a furious 15-6 fourth-quarter rally and gave North a 41-39 victory over rival Farmington.

Raider coach Greg Grodzki had mixed emotions about his team's season-opening win.

"We didn't play very well," he said. "But, I'm proud of the kids. They made a real nice comeback. These kids are winners. We were down, but they kept a positive attitude. It would have been a demoralizing loss."

FARMINGTON TOOK control of the game away from the Raiders in the second half with a pesky 3-4 zone defense. With Alyse Fortune and Mary Kay Orrico doing much of the damage, the Falcons led by as many as eight points. By the end of the third period, North was down 33-28 and seemed unable to crack the zone.

Patli Kouzicki proved to be North's zone-buster. She scored two baskets early in the fourth quarter to pull North back into contention. Guard Lisa Mummert's jumper made it 35-34 Farmington with six minutes to play.

Then things got ugly again. North committed five straight turnovers. Farmington failed to take advantage of them. Neither team scored for more than three minutes.

Finally, a free throw by Isaly Butters with 2:35 left broke the ice and



Lisa Mummert (15), Raider point guard, drives on Farmington's Linda Spence Thursday night. The Raiders nipped the Falcons.

evened the score. Sue Shiffra then found a home on the left side of the free-throw line and buried a pair of jumpers.

Orrico answered Shiffra's first jump-

er for the Falcons. Fortune the second. That left the score tied at 30, setting the stage for Paradis's heroics. Farmington had plenty of time to get the equalizer, but couldn't get off a

Good shot.

"WE DON'T win many games," said irritated Farmington coach Bruce Brown. "We could've won this one. We should have won this one."

"We worked hard, but things just didn't go our way at the end."

Butters was one reason things didn't go Farmington's way. She played excellent defense on Fortune, Farmington's main offensive weapon. Butters totally frustrated Fortune in the first half, holding her to seven points. Fortune finished with 15, struggling for each one.

Butters grabbed a game-high 13 rebounds to go with her seven points. Shiffra was the scoring leader for North, knocking in 11 points.

Orrico played a solid game for Farmington, scoring eight points off the bench. She also made some nifty passes inside, most of which were not converted into buckets. Jenny Lindbert also had eight points for the Falcons.

The loss makes Farmington 0-3 on the year. North is 1-0.

LAKELAND 52, HARRISON 22: You show up with just six players, make just 10 of 46 shots, miss seven layups and 14 free throws — well, you're going to be hard-pressed to win basketball games.

Farmington Harrison coach Gary Sine knows that all too well. His teams have now lost 24 straight over the past two seasons.

"We always play aggressive. We move the ball well. We're getting tired of losing. But, I told the girls (Thursday night) that we aren't going to win with just six bodies," Sine said.

The good news is that Harrison will be getting two more players back by next Tuesday — one was ill, the other had a job conflict.

Jennifer Hughes led the Hawks with 10 points. Michelle Wise added seven. Kristin Haupt led all scorers with 13 for Millford.

## rankings

The following high school rankings will be prepared each week by the Observer sports staff. Schools eligible for consideration must be located in Livonia, Westland, Garden City, Redford, Farmington, Farmington Hills, Plymouth or Canton.

### Football

1. Farmington Harrison
2. Catholic Central
3. Bishop Borgess
4. Westland John Glenn
5. Livonia Churchill

### Swimming

1. Livonia Stevenson
2. Our Lady of Mercy
3. North Farmington
4. Farmington Harrison
5. Plymouth Salem

### Girls Basketball

1. Livonia Ladywood
2. Our Lady of Mercy
3. Westland John Glenn
4. Plymouth Salem
5. Livonia Bentley

### Soccer

1. Livonia Stevenson

### Tennis

1. Our Lady of Mercy
2. Livonia Ladywood
3. North Farmington
4. Farmington Harrison

### Girls Cross Country

1. Westland John Glenn
2. Our Lady of Mercy
3. Plymouth Salem
4. Livonia Ladywood
5. Redford Union

### Boys Cross Country

1. Catholic Central
2. Farmington
3. Garden City
4. Livonia Churchill
5. Livonia Franklin

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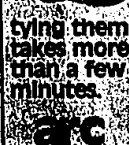
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For some people,

trying them takes more than a few minutes.



Lauri Runk, Harrison's All-Area runner, beat the field Wednesday in a tri-meet in Southfield. Her team, however, was runner-up.

## Hawks Runk wins race, Raider girls take meet

The North Farmington girls cross country team began its 1984 campaign with a strong showing in a three-way meet with Southfield, Lathrup and Farmington Harrison at the Southfield Civic Center last Wednesday.

Six Raiders finished among the top 10, giving them a 23-37 edge over Harrison and a 29-41 win against Lathrup.

Harrison, led by individual winner Lauri Runk who ran the course in 21:22, slipped Lathrup 25-34.

Raiders Barb Zeno (21:43) and Carol Alkon (21:59) ran second and third.

Lathrup's Les Poperia was fourth (22:51).

Harrison's Jenny Anderson (23:08) was fifth, followed by North's Sue Hamblin (23:14).

The rest of the field came in this way: Margo Delidow, Lathrup (23:31); Kathy Koteras, North (23:38); Donna Chuba, North (23:43) and Kathy Beus-

## cross country

tenien, North (23:52).

ON THE BOYS side, it was all Lathrup. The Chargers also captured six of the first 10 places to beat Harrison 15-49, and North 19-42. North edged Harrison 23-32.

Mark DeFord came across first for Lathrup in 18:26. North's Kirk Armstrong (17:18) was next. Then Louis Sugarman (17:32), Neal DeFord (17:52), Joel Krafsur (17:58), Gary Wright (18:04) and Tom LaBay (18:09) all came across for the Chargers.

North's Jeff McCormick (18:14), Harrison's Chris Hart (18:28) and North's Steve Unwin (18:38) finished eight, nine and 10.

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## Aerobic Dance

Millions of Americans have discovered that aerobic dance is an enjoyable way to get into shape. Because it combines rhythmic movements with simple dance steps that can improve and maintain cardiovascular fitness, the American Heart Association supports aerobic dance as a lifelong physical activity.

Any exercise program should provide enough pleasure and enjoyment so you will want to continue. Aerobic dance is gaining popularity because it emphasizes fun and fitness rather than skill or competition. Participation is not limited by age, sex or shape, so try it. Help your heart!

When combined with over-eating, lack of exercise may lead to excess weight, which is a contributing factor to the risk of developing heart disease. Aerobic exercise at least three times a week for 20 to 30 minutes each time can help reduce that risk. Unfortunately, aerobic exercise alone cannot prevent or cure heart disease, especially if you have high blood pressure, a high cholesterol level or smoke cigarettes, which are the three major risk factors.

Before beginning an exercise program, consult your doctor. If you are not accustomed to regular exercise and are a male over 45 years old or a female over 50 years old,

Also see your doctor first if you have heart trouble or high blood pressure, or suffer from pain, extreme breathlessness or dizziness.

Always warm up before each dancing session, and wear cushioned footwear that fits. Even the most enthusiastic exerciser is likely to be discouraged by aching feet and strained muscles. Comfortable clothing is recommended.



Anyone starting a program of aerobic dance, and especially those who have been sedentary, should not go "all out" from the beginning. After becoming accustomed to one level of exercise, progress to a more demanding level.

Aerobic dancing should not be considered just a fad — something to do for a few days or months and then forget. Like good eating habits, exercise is a life-time commitment. When you stop exercising, the beneficial effects are lost rapidly.