

Raiders eye final NSL crown

By Chris McCosky
staff writer

North Farmington has long been the dominant force in the Northwest Suburban League girls swim wars. Now, in the NSL's last season, the Raiders would like to win one last title.

"Yes, we'd like to go out as the NSL champs," said sort-of new Raider swim coach Pat Duthie.

Duthie is taking over the girls program after a four-year absence. He replaces Jordan Hatch, who won three championships in his four years at North.

The Raiders should be awesome again this year.

"We have a nucleus of some real good swimmers, plus they are versatile," Duthie said. "We will be able to match the strengths of our opposition."

IF YOU followed swimming at all last year, the names of the Raider stalwarts will be familiar to you. Colleen Carey is back for her senior year. She, along with senior Suzette Greenberg, will captain the squad. Carey is a state-class individual medley performer, finishing fifth last year. Greenberg will swim the 200-yard and 800 free-stroke.

Margie Cramer and Jennifer Rowe, two outstanding sophomores, should be state-class performers this year.

Other key Raider performers are seniors Holly Epstein and Amy Moffette, juniors Jill Menzies and Kathy Pierog, sophomores Alice Jewell, and freshmen Cindy Cramer, Amy Menzies and Liz Worthen.

"The attitude of the girls has just been excellent. I've never worked with a bunch of people who were so willing to work hard."

"It's the best of all possible worlds for a coach to have kids with talent who want to work hard, too."

swimming

FARMINGTON HARRISON

Mark Holdridge took an 0-13 team last year and got a respectable 5-7 season from them.

This year, with a still-young squad, Holdridge is hoping for a .500 season. "We should win more than last year," he said. "We still don't have a lot of depth, but we will keep working up from the bottom."

The Hawks have talented swimmers in all-league senior Melissa Joy, senior Diana Raddatz and sophomore Catherine Tucker.

Holdridge is also high on sophomore diver Shariann Willson and freshman Aimee Katz.

Senior Nancy Schwei has also been a steady performer for Harrison.

But if the Hawks are to make it to .500, they will have to get some mileage from some untouted swimmers, Holdridge said. The help could come from sophomores Michelle Harrison (fitting name for a Hawk), Holly Perts and Sue Slay.

FARMINGTON

Farmington's new coach, Bill McCord, is no stranger to the Western Lakes swim fraternity. He has spent years at Plymouth Canton, and he is the head boys coach at Walled Lake Western.

McCord's task: rebuild the Falcon program practically from the ground up.

"We have a real, real young team," he said.

He does have the area's premier diver in senior Katie MacIntosh. MacIntosh has been state-class for two years. He also has a fine swimmer in junior Carolyn Smith.

Seniors Julie Rainford, Michelle Schenot and Terry Vit, and junior Betsy Brown provide a balance of Farmington's experienced swimmers.

McCord does have a good core of freshman, however.

"Things look pretty good for the future. If those freshmen stick around, we'll have a nice base to build from."

Raiders defeat Harrison

The losing streak continued, but for awhile Tuesday night, it was in doubt. Farmington Harrison, thanks to some pathetic outside shooting by North Farmington, carried a 9-3 lead into the second quarter. But North finally regrouped and defeated the Hawks 47-25, extending Harrison's losing streak to 23.

"We made eight of 41 shots in the first half," said North coach Greg Grodzicki. "And believe it or not, they weren't bad shots. Nothing would fall."

Lisa Mummert had a big game for North. She scored nine points, grabbed eight rebounds, dished out five assists and made five steals. Leah Butters netted nine points and 10 rebounds. Sue Ralitra, Heather McPhillips and Stephanie Hockema added eight points each.

Dana Dickens and Jodi Bennett led the Hawks (9-3) with eight points each.

North is now 2-0.

the week ahead

PREP FOOTBALL

Friday, Sept. 14
Liv. Churchill at A.A. Huron, 7:30 p.m.
E.H. Cranbrook at Clawsonville, 7:30 p.m.
Deer. Fordson at Garden City, 7:30 p.m.
Pontiac Cent. at Wad. John Grier, 7:30 p.m.
Plymouth Canton vs. Plymouth Salem at Central Educational Pk., 7:30 p.m.
Redford Thurston vs. Walled Lake Western at Walled Lake Central, 7:30 p.m.
Catholic Central vs. Ypsilanti at Liv. Bentley, 7:30 p.m.
Redford Union vs. Bishop Borgosa at Kraft Field (Walled Lake, Mich.), 7:30 p.m.
Saturday, Sept. 15
Liv. Stevenson at Liv. Franklin, 1 p.m.
Farmington at Liv. Churchill, 3:45 p.m.
W.L. Central at N. Farmington, 1 p.m.
Red. St. Agatha vs. Dearborn St. Alphonsus at RU's Howard Kent Field, 7:30 p.m.

GIRLS BASKETBALL

Thursday, Sept. 13
Redford Union at Bishop Borgosa, 7:30 p.m.
Liv. Bentley at Farmington, 7:30 p.m.
Deer. Fordson at Liv. Churchill, 7:30 p.m.
Clawsonville at Woodhaven, 7:30 p.m.
Liv. Franklin at Liv. Stevenson, 7:30 p.m.
Taylor Truman at Garden City, 7 p.m.
Red. Thurston at Riverview, 7:30 p.m.
Wad. John Grier at Inkster, 5:30 p.m.
Phy. Canton at W.L. Western, 7:30 p.m.
W.L. Central at Phy. Salem, 7:30 p.m.
N. Farmington at Southfield, 7:30 p.m.
Northville at Farm. Harrison, 7:30 p.m.
Liv. Ladywood at A.P. Cabrini, 7:30 p.m.
Benton Harbor vs. St. Agatha, 8 p.m.
Farmington Mercy vs. Brighton, 7:45 p.m.
Saturday, Sept. 15
(Mercy Hooke Classic)
Concordia final, 8 p.m.

Championship final, 7:45 p.m.

BOYS SOCCER

Thursday, Sept. 13
Liv. Bentley at N. Farmington, 4 p.m.
Phy. Franklin at Liv. Churchill, 3:45 p.m.
Ypsilanti at Garden City (West), 4:30 p.m.
Phy. Canton at Northville, 7 p.m.
Catholic Central vs. Deer. St. Edward at Redford's Bell Creek Pk., 4 p.m.
Friday, Sept. 14
Liv. Stevenson at Farm. Harrison, 4 p.m.
Saturday, Sept. 15
Catholic Cent. at Harper West, 10 p.m.
Phy. Salem at Toledo St. John's, 1 p.m.
(Troy Invitational)
Troy vs. Farmington, 9 a.m.
Liv. Bentley vs. Bishop Foley, 11 a.m.
Concordia final, 1 p.m.
Championship final, 5 p.m.
Sunday, Sept. 16
Bish. Borgosa vs. Warren DelaBelle at Macomb Community College, noon

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Memorial Medical Center Somerset Branch

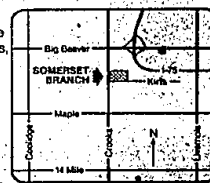
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Diet Pill Sweeping U.S.

New Grapefruit 'Super Pill' Gives Fast Weight Loss

No Dieting - Eat All You Want
Pill Does All the Work

BEVERLY HILLS, CA. (Special) - An amazing new "super" grapefruit pill has recently been developed and perfected that reportedly "guarantees" that you will easily lose at least 10 pounds in 10 days. Best of all, it allows you to "eat as much as you want of your favorite foods and still lose a pound a day or more starting from the very first day until you achieve the ideal weight and figure you desire."

This "super" grapefruit pill is a dramatically improved version of the world famous grapefruit diet. It is far more effective than the original and eliminates "the mess, fuss, and high cost of eating half a fresh grapefruit at every meal."

"Pill Does All the Work!" According to the manufacturer, "the pill itself does all the work while you quickly lose weight with NO starvation "diet menus" to follow, NO calorie counting, NO exercise, and NO hunger pangs." It is 100% safe. You simply take the pill with a glass of water before each meal and the amazing combination of powerful ingredients are so effective they take over and you start losing weight immediately.

Pill Has ALL Daily Vitamins

The powerful and unique combination of ingredients are what make this a "super-pill". It contains highly potent grapefruit concentrate and a diuretic to help eliminate bloating and puffiness. No need to take any vitamins to maintain your good health and energy. The pill is fortified with ALL (100%) of the U.S. Government daily vitamin requirements.

Contains Japanese 'Glucosmannan'

Each pill also contains an amazingly effective amount of "glucosmannan", the remarkable natural dietary fiber discovery from Japan (used successfully for over 1500 years) that expands in your stomach and gives you a full and satisfied feeling all day long.

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