

Warm-ups advised for bowlers

BOWLERS BEWARE!

The beginning of the regular season can have a few pitfalls. Most experienced players know if you start the season after a long summer layoff, you could be in for a painful elbow, wrist, shoulder, thumb or back if you tend to overdo it.

For the first few weeks at least, all bowlers should warm up with a few mild stretching exercises before bowling. This will help prevent soreness in the muscles and back. Suggested stretches for the shoulders and arms are as far as possible, bend the back in all directions and flex the knees and hips.

Try not to overstretch at first. There is always a tendency for some bowlers to throw too hard, and this is especially true at the start of the season. The old trinity, "Let the ball do the work," is a good point to use.

The weight of the ball at the backswing will usually provide enough power and speed without having to "muscle" the ball. Pay particular attention to the thumb and fingers at this time as well.

It is very easy to acquire an unwanted blister or sore from the holes. It might just be worth a trip to the pro shop at this time to re-check the fit of your ball. There can be slight physical changes that can happen without realizing it, which could actually change the way your ball fits your hand.

Most pro shops will be glad to provide this service to any bowler as a courtesy. This is also a good time to check out the equipment and personal supplies.

The shoes are the main object of attention, and it is most important to see that



10-pin alley

Al Harrison

they are in good shape. See if the sliding sole is soft; it may be necessary to go over it with a wire brush or steel wool. Check the soles of the shoes to make sure they are in a hurry to bowl.

Check the overall condition of the shoes, and if necessary, replace them. Next is order of importance after the ball, the shoes are vital to your game. Perhaps more so than in any other sport, the ability of the shoes to perform properly has more effect on the success of the player. If you do have to buy new shoes, remember to put comfort and performance ahead of vanity.

Better to have a pair of shoes that perform well than great looking ones that are not comfortable or do not slide properly.

Other items to "gear up" with and carry along in the bag: extra pair of shoe laces; small towel; "No-ski" kit; rosin bag or other grip aids; "easy-slide" or similar product if you have a tendency to stick on the approach; small wire brush (or steel wool) to clean the shoe bottoms. Do not use talcum powder on the approaches under any circumstances.

Have I forgotten anything? Or better yet, have you forgotten anything?

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Raiders easy winners in cross country meet

The North Farmington girls cross country team had no problem Thursday in a triangular meet, whipping Bloomfield Hills Lahser and Ferndale in decisive fashion.

The Raiders beat Lahser 15-50 and Ferndale 15-48 to improve their record to 3-0 overall.

North captured the top five places and occupied eight of the nine top spots. North Junior Emily Shively had the best time, finishing first in 20:54. Keegan Keefeover was second in 22:33 followed in order by Lisa Wentuck (22:51), Jenny Weir (23:58) and Alicia Cleveland (23:58).

Seventh place went to Amy Roberts (23:44), while Erin Janssen took eighth (23:47) and Carolyn Atto was ninth (23:53).

The Plymouth Canton girls cross country team took fourth place Thursday in the Early Bird Invitational in Ypsilanti.

Sterling Heights Stevenson won the meet with 48 points followed by Monroe (53), Livonia Stevenson (59) and the Chiefs (65).

Canton's top runner was Lana Borodich, who took fifth place in 21:49. The others who placed for the Chiefs were Anne Dibble, 16th (23:03); Lara Antczak, 20th (23:37); Michelle Dean, 24th (23:52); Laura McWilliams, 30th (24:55); Michelle Mager, 34th (25:24); and Kim Gudeth, 43rd (27:55).

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Book by Neil Simon
Music by Cy Coleman
Lyrics by Donny Fields

Based on an original screenplay by Frederick Fellini
Tullio Pirelli and Ennio Flaiano

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Musical Direction by Jim Henson

September 11-14, 1991
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Saturday matinee at 2 p.m.

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SATURDAY YOUTH Majors & Juniors 9:30 A.M. Peanuts & Preps 11:30 A.M.	BUMPER BOWLING Ages 3-7 • Friday League • Begins Sept. 13, 4:00 P.M. — Drink, Snack and Shirt • Open Bowling Daily — Call for Appointment —	

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ADVERTISEMENT

Sealed bids will be received by the City Clerk, City of Farmington Hills, at the City Hall, 31555 Eleven Mile Road, Farmington Hills, Michigan 48336, until 10:00 a.m. local time, September 24, 1991. Bids will then be opened at 10:00 a.m. local time for:

BID No. 91-92-159 FORK LIFT
BID No. 91-92-162 PLASTIC BAGS

Specifications may be obtained from the Purchasing Department on or after MONDAY, SEPTEMBER 9, 1991.

All offers submitted are to be clearly marked for the specific item.

The City of Farmington Hills reserves the right to accept or reject any or all bids, either in part or in whole, to waive any formalities, and to accept the bid which it believes to be in the best interest of the City.

KATHRYN A. DORNAN, City Clerk

Published September 9, 1991

thing? Hope not, and good luck on the lanes this season!

It looks like the "Patriot" bowling ball will become a popular item on the local lanes. Bob Chamberlain just rolled a 300 game with it, a week after Lou Ivanick did the trick with the same style ball in the All-Star.

Watch for the upcoming 2nd-annual "Tail-Waggers Bowl." This is a fundraiser for the Michigan Humane Society based in Westland. Registration forms and pledge sheets will be out Sept. 21, and they will have a lot of fun and prizes. Everyone is welcome, even non-bowlers.

This will be a nice "no-lap" event to raise money for the Cruelty Investigation/Rescue Division. The date is Nov. 9 at Woodland Lanes in Livonia.

For details, call Laura Zain, event coordinator, at 261-3077.

The "Support Team USA Bowling Program" will consist of a tournament at 2 p.m. on Oct. 16 at Satellite Bowl. Amateur bowlers will pair with members of "Team USA" and the members of the Detroit area's "All-City Teams." For a \$35 entry fee, participants will receive a \$100 prize pool, courtesy of Brunswick and be eligible for the cash prizes.

All proceeds from the tournament will benefit the Team USA, which represents the United States in international competition. For more information, call 773-6350.

HONOR ROLL

Draekire Lanes (Farmington Hills) Two-

day Men's Junior House League — John Bryson, 347/112; Rodney Youlf, 642; Men's Senior House — Bob Varga, 718.

Country Lanes (Farmington Hills) Wednesday Junior House — Brian Campbell, 343/441; Sunday Ladies Classic — Kasia Joy Landre, 334.

Merri Bell (Livonia) Men's Senior House League (Aug. 28) — Greg Cohen, 344/444; Doug Landre, 344/447; Chuck Dobson, 334/436; Al Pearson, 334/431; Kirk Nagle, 337/437; D.J. Archer, 337/432; Sepa, 4 — Stan Marwood, 337/437; Steve Cohen, 347/437; Bob Varga, 347/437; Kirk Nagle, 347/437; Kevin Underwood, 337/433; Dennis Archer, 347/433; Ed Deak, 337/433; Gerald Nagle, 347/437; Ken Meyer, 347/433; Randy Smith, 337/437; Roger Sanford, 347/437.

Two & Country Lanes (Westland) Wednesday Ladies Junior House — Cheryl Clark, 331/334; Sheri Herrin, 318; Renee Glenn, 311; Gloria Picard, 334/340; Julie Clark, 334/334; Wednesday Nite Marchant Men's League — Yves Raymond, 337/331; Bill Reynolds, 338/347.

Westland Lanes (Livonia) Westland Classic — Freddie Page, 725; Ray Randall, 711; Joe Curtis, 716; Larry Prans, 648; John McGee, 648; Westland Men's League — Mark Paria, 644.

Men's Open — John Chomlin, 247 (911 over average)/642.

Westland Bowler Wednesday 9:30 Men's League — Gary Janowski, 635.

Thursday 5 Men's League — John Kowalski, 347/435.

Thursday Nite Men's Junior House League — Tony Locelli, 277/432; Mark Heio, 283.

tennis

FARM HILLS MERCY 8 ALLEN PARK COUNTRY 0
(Thursday at Cabrini)

No. 1 singles: Meghan Leadbetter (M) del. Shannon Kays, 6-4, 4-6, 6-3.

No. 2: Kristin Kays (M) del. Katie Storer, 6-0, 6-1.

No. 3: Julie Schaner (M) del. Katie Walsh, 6-0, 6-4.

No. 4: Kiana Marlene (M) del. Kelly Kozak, 7-6, 6-0.

No. 1 doubles: Marsha McIntyre-Nadine Hennes (M) del. Sara Stevens, 6-0, 6-2.

No. 2: Rachel Fling-Nichole Zakaria (M) del. Erica Kovacs-Megan Chase, 6-2, 6-1.

No. 3: Jeanne Louise-Michèle Uer (M) del. Andrea Magiera-Karen McRobbin, 6-3, 6-0.

Mersey's dual-meet record: 2-0. Next meet vs. Harper Woods Regins. Monday at Oakland Community College.

FARM HILLS MERCY 7 PLYMOUTH SALEM 1
(Wednesday at Salem)

No. 1 singles: Jennifer Clark (S) del. Meghan Leadbetter, 6-1, 6-2.

No. 2: Kristin Kays (M) del. Kelly Marichal, 7-6, 6-4.

No. 3: Julie Schaner (M) del. Gisle Bozell, 6-1, 6-3.

No. 4: Kiana Marlene (M) del. Deepa Sreenivasan, 6-3, 6-0.

No. 1 doubles: Marsha McIntyre-Nadine Hennes (M) del. Kelly Koppick-Lash Stefan, 6-1, 1-6, 6-2.

No. 2: Rachel Fling-Nichole Zakaria (M) del. Nicole Grimes-Michèle Kovales, 7-6, 6-3.

No. 3: Jeanne Louise-Michèle Uer (M) del. Andrea Magiera-Karen McRobbin, 6-2, 6-4.

No. 4: Kiana Marlene (M) del. Kelly Kozak, 7-6, 6-0.

No. 1 singles: Jessica Hall (HJ) defeated Grace Cornwell, 6-0, 6-1.

No. 2: Sara Stevens (F) del. Valerie Toth, 6-3, 6-1.

No. 3: Julie Haight (F) del. Lynn Heston, 6-0, 6-1.

No. 4: Laura McWilliams (F) del. Shannon Heston, 6-0, 6-4.

No. 1 doubles: Jenny Sutherland-Ian Aroa (F) del. Whitney Freeman-Shana Sabo, 6-0, 6-0.

No. 2: Julie Noonan-Joanna Young (F) del. Alison Freeman-Jenni Johnson, 6-2, 6-0.

No. 3: Devon Woodruff-Leslie Duff (F) del. Marisa Zarnberg-Melanie Zarnberg, 6-0, 6-0.

Records: Farmington 1-1; Bedford Union 0-1.

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the week ahead

PREP FOOTBALL

Friday, Sept. 13
Westland Glenn at Liv. Church, 7:30 p.m.
Farmington at W.L. Western, 7:30 p.m.
H. Farmington at Liv. Church, 7:30 p.m.
Harper Woods at Liv. Church, 7:30 p.m.
Garden City at Farmington, 7:30 p.m.
Bedford Union at Westland, 7:30 p.m.
Wayne Memorial at Traction, 7:30 p.m.
Daphn Borgess at Liv. Church, 7:30 p.m.

Saturday, Sept. 14
Liv. Stevenson at Liv. Franklin, 1 p.m.
Phy. Salem at Farm. Harrison, 1 p.m.
D.H. Greenwood at Liv. Church, 1 p.m.
St. Alphonsus at Liv. Church, 1 p.m.
Bedford CC vs. Detroit Mumford, 1 p.m.
Liv. Church vs. Liv. Church, 7:30 p.m.
Liv. Stevenson at Farmington, 5:30 p.m.
Liv. Stevenson at Liv. Church, 7 p.m.
Liv. Farmington at Liv. Church, 7 p.m.
Farm. Harrison at Liv. Church, 7 p.m.

Girls Basketball
Tuesday, Sept. 10
Det. Trinity at Liv. Church, 8:30 p.m.
Liv. Church at Liv. Church, 8:30 p.m.
Liv. Stevenson at Liv. Church, 7 p.m.
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Friday, Sept. 13
Liv. Westland at Liv. Church, 4:30 p.m.
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Sunday, Sept. 15
Liv. Church at Liv. Church, 12:30 p.m.

Men's College Soccer
Wednesday, Sept. 11
Liv. Church at Liv. Church, 5:30 p.m.
Liv. Church at Liv. Church, 5:30 p.m.
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Women's College Soccer
Thursday, Sept. 12
Liv. Church at Liv. Church, 4 p.m.
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Women's College Volleyball
Tuesday, Sept. 10
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TBA — time to be announced.

Hawks have positives

Farmington Hills Harrison had some impressive times in Thursday's season-opening swimming meet despite losing to visiting West Bloomfield, 109-75.

Senior Stacey Krause was the most impressive, winning both the 200-yard individual medley and backstroke. She finished the IM in 2:30.38 and qualified for the Class B meet with her time of 1:05.6 in the backstroke.

Senior Elaine Trager, who has recovered from a sprained ankle, won the diving competition with 109.55 points. Freshman Diana Dizon was the other hundredths off the state qualifying time.

Another freshman, Jenny Domino, finished second in the 500 freestyle (5:51.84) and third in the 200 freestyle (2:13.2). Junior Veronica Forberger had the other second place showing in the 50 freestyle (27.18).

Three relays were second: the medley team of Forberger, Krause, Dizon and Lisa Schaner (2:05.32); the 200 freestyle team of Forberger, Schaner, Domino and Cathy O'Sullivan (1:55.59); and the 400 freestyle team of Domino, O'Sullivan, Dizon and Rebekah Turner (4:30.03).

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