

RED WING HOCKEY
DETROIT
 VS
BUFFALO
 TOMORROW NITE 7:30 p.m.
OLYMPIA STADIUM
 (Coming)
 DETROIT VS BOSTON
SATURDAY, NOVEMBER 6
 DETROIT VS NEW YORK
SATURDAY, NOVEMBER 27
 DETROIT VS MONTREAL
SUNDAY, NOVEMBER 28

TICKETS IN SAFF FOR
 ALL GAMES AT OLYMPIA
 & ALL 5 GAMES STONES



Ski Heil

By
BILL CAMERON

Where can you find 75 of the most intelligent, beautiful, gregarious, citizens of Observerland each Tuesday or Thursday evening?
 Where else but at the Livonia Family Y participating in our pre-ski

conditioning class. The response was more than we had planned on, almost doubling last year's registration.
 It proves that people are becoming more fitness-conscious. It also proves that misery loves company. A physical fitness program is great for the other guy.
 The discipline required to maintain an individual program is generally lost on skiers. They are usually extroverted, fun-loving people who prefer group activity and the company of others. It's not true that they enjoy watching others suffer. (The instructor may enjoy it.)
 Exercise should be fun. Probably the most beneficial exercise known, and the least practiced in this country, is walking. If one stops to think about it, one soon realizes that reducing and weight control do not require a strenuous, punishing program.
 Most overweight individuals are overweight because they eat too much and exercise too little. In a pound of body fat there are approximately 3500 calories. When you eat 3500 more calories than your body needs, you store that pound. If you burn up 3500 calories you lose that pound.
 From a time standpoint, if you eat 117 calories more per day than your body needs, you will gain a pound a month. If you burn those calories you will lose a pound a month, 12 pounds a year. If you walk 20 minutes a day (beyond your normal routine) you'll lose that pound a month.
 We are the victims of the age of automation. "Why walk when you can ride?" "Let's drive a golf cart, it's easier and quicker." We abuse our bodies with drugs, glutony, overindulgence.
 LADIES, see you at the Fashion Show at the Family Y, Nov. 10. Find out how you too can become a skier, bring a friend. Donation of \$1 per individual.



ACROSS FINISH LINE to win the regional cross country meet at Cass Benton Park races RU's Rick Kritzman, closely followed by Livonia Stevenson's Dave Mathis. That's Dennis Kurits, of Churchill, just coming into the picture for a third place. (Observer photo by Tom Donoghue)

Stevenson, Lahser Tie For 'A' Title

By TOM DONOGHUE
 Sports Editor

It's Livonia Stevenson and Bloomfield Hills Lahser to the state high school cross country meet Saturday at Washnaw Country Club. The two finished in a first place tie in the Class A regional at Cass Benton Park with identical scores of 101.
 Farmington closed behind Stevenson and Bloomfield Hills with 103 points. Churchill was fourth with 152 followed by Franklin with 184 and Redford Union with 185.
 RICK KRITZMAN, of Redford Union, paced the 140 runners from 20 schools, with a winning time of 12:39. Stevenson's Dave Mathis placed second in 12:41 followed by Dennis Kurits of Churchill with 12:50.
 Following Mathis down the line for Stevenson were Bill Walker, 16th; Paul Walchieski, 28th; Kevin Maly, 28th; Pat

Opsommer, 29th; Rick Galindo, 45th; and Tim Duffy, 54th.

Spartan Coach Paul Holmberg was surprised at Churchill's fourth place finish, 51 points off the pace.
 Churchill, favored team in the meet, ran into some bad luck near the two-mile mark as its fifth man, John Kaminski, blacked out and fell to the ground.
 Kaminski got up and finished the last half mile. "I don't know how long I laid there," said Kaminski. "I got up and just started following people."
 He managed to finish 125th out of the 140 places with Churchill's sixth man Mark Johnson taking the Charger fifth position with an 84th place finish.
 If Kaminski had not fallen and placed in the top 53 Churchill would have taken the honors. With one-half remaining in the race,

Kaminski was in the top 15 before he fell.

The following individual runners all qualified to run in the Saturday state finals:

1. Rick Kritzman 12:39	Redford Union
2. Dave Mathis	Stevenson
3. Dennis Kurits	Churchill
4. Mike Maly	Bloomfield Hills Lahser
5. Dan Kewey	Southfield
6. John Drove	Franklin
7. John Barfield	Howell
8. Steve Basler	Thurston
9. Mark Kobylarz	Churchill
10. Pat Kaah	Berkley
11. Jay Keshenbaum	Bloomfield Hills Lahser
12. Wayne Griffin	Franklin
13. Frank Arcangel	Howell



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Bentley Gals End Hawks' Swim String

Unbeaten Livonia Bentley girl swimmers ended the perfect record of Farmington Harrison with a 55-41 dual meet victory.
 The Bullfrogs, as the Bentley ladies prefer to be known, won all but three events, the two relays and diving.
 Becky Brown, Linda Gravila and Sue Mooradian recorded double victories. Linda won the 50 and 100 backstroke events, Becky took the 100 individual medley and the 100 freestyle and Sue was first in the 50 freestyle and the 50 butterfly.

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