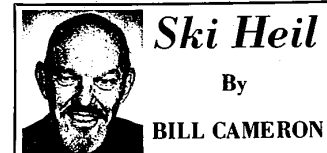


RU TOUCHDOWN IN THE MAKING -- Redford Union quarterback Glenn Richmond cuts loose with a 33 yard scoring toss to Bob Eland, beating Plymouth's Steve Robb (20) and Gary Barker (40).

The play gave RU a 6-0 lead with the Richmond to Eland combination again pushing RU past Plymouth for a 12-6 Suburban Eight victory. (Observer photos by Tom Donoghue)



Ski Heil

By
BILL CAMERON

There is a great ski season coming! What are you doing to prepare for it? Do you have a personal fitness program that you are working on? Skiing demands not only balance and agility, but strength and endurance as well. How do you "shape-up"?

Let me recommend a few simple tests that you can administer in the privacy of your bedroom, when no one is around to watch you. First try a few simple pushups, men on their toes and women on their knees. If you have difficulty doing 10 you're in trouble. The arm and chest muscles are used in riding tow ropes and pushing yourself up after a fall.

Next, the wall sit. Put your back against the wall and sit so that your legs form a 90 degree angle. Time yourself in that position. Anything under one minute means you're better off sitting in the lodge this winter! Those upper leg muscles are extremely important in skiing.

How's your cardio-vascular endurance? Take your resting pulse rate for one minute while in a sitting position. Anywhere from 60 to 80 beats a minute is fairly normal. Next, run in place at a jogging pace for three minutes. Take your pulse within 10 seconds after stopping (sitting down) for one minute again. That is your working pulse rate. Now here is the important part. Check your pulse again after a five minute rest period. Has it returned to normal? If it has not, I suggest you give

up smoking, overeating, and start doing some endurance work such as jogging or swimming or skipping rope. Your heart is a muscle and needs work like any other muscle if it is going to remain strong. If you don't have cardio-vascular endurance you will tire easily and that leads to injuries, particularly late in the afternoon. When you're tired your muscles won't respond, primarily because they lack endurance as well as strength.

THE SMART SKIER knows whether or not he or she is "in shape". They've had a recent physical and their physician has given them a clean bill of health. When you're paying the high price for a lift ticket, you want to ski all day, but not at the risk of incurring an injury. How many have taken that "last run" and wiped out half way down? I believe most ski injuries occur because of lack of ability, improper equipment and poor physical conditioning.

The average local skier doesn't realize how important conditioning is because the runs are so short and much of the time is spent waiting in lift lines. In 10 years of conducting pre-ski conditioning classes, I've only had two skiers injured on the slopes. A few have been injured in class (Dr. Lilly, it's nice to have you back with us!) but that is to be expected! It must have been an old Norwegian skier who said, "Take care of your body and it will take care of you!"

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INTER-LAKES LEAGUE

LIVONIA STEVENSON	W 1
PONTIAC NORTHERN	2
WALLED LAKE CENTRAL	2
FARMINGTON	1
WATERFORD	0

METRO SUBURBAN

ROYAL OAK DOWNS	W 1
BLOOMFIELD LAHES	4
SOUTHFIELD LATHRUP	2
LITICA EISENHOWER	2
ROCHESTER ADAMS	0
BIRMINGHAM	0

NORTHWEST SUBURBAN LEAGUE

GC EAST	W 1
NORTH FARMINGTON	4
FRANKLIN	1
THURSTON	1
JOHN GLENN	1
OAK PARK	0

SOUTHEASTERN MICHIGAN

FERRISDALE	W 1
HAZEL PARK	4
ROYAL OAK KIMBALL	1
BIRMINGHAM SEAHOLM	2
BERKLEY	0
SOUTHFIELD	0

SUBURBAN EIGHT

EDSEL FORD	W 1
PLYMOUTH	5
THRENTON	4
WILSON	1
ALLEN PARK	2
BIRTLBY	1
BELLEVIEW	1
DEARBORN	0

TRI-RIVER LEAGUE

RIVERSIDE	W 1
SOUTHGATE	4
MEADOWDALE	1
GC WEST	2
MERRILL	2
TAYLOR KENNEDY	2
SCHAFFER	0

WAYNE-OAKLAND

WEST BLOOMFIELD	W 1
WATERFORD KETTERING	3
BLOOMFIELD ANDOVER	1
MILFORD	1
CLARKSTON	1
CLARENCEVILLE	0

WESTERN SIX

CHURCHILL	W 1
FARMINGTON HARRISON	2
WATERFORD MOTT	2
WALLED LAKE WESTERN	1
NORTHVILLE	0

Franklin Routs Oak Park

Franklin exploded for 20 points in the first quarter and went on to smother Oak Park in a Northwest Suburban football meeting, 34-0.

It was victory No. 4 for Coach George Lovich and his Patriot crew against two losses, both of which came in

league action where Franklin stands 2-2. The Patriots wrap up conference play with John Glenn Friday night at the Rocket gridiron, and then it's home against Churchill and on to Bentley for the '72 finale.

Tony Dattilio converted and Oak Park received the opening kickoff, ran three plays and punted.

FRANKLIN took over on its 41. Nine plays later, Joe Jinnett scored on a five yard romp, Tony Dattilio converted and Franklin led, 7-0.

Oak Park ran three plays and punted. Franklin took control at midfield and Dan Quinn did his thing. The sophomore running back ran for four yards, 43 yards and plunged over from the three. Dattilio missed and the Patriots were up, 13-0.

Oak Park again ran three plays and punted. Franklin took advantage of a seven yard punt with control on the Oak Park 28. Jinnett passed for 11 yards to Guy Burke and after a loss of three, Jinnett hit Dean Morrison for a 19 yard scoring play.

DATTILIO CONVERTED and Franklin led 20-0 at the end of one quarter. Oak Park finally broke its three play and punt spell and marched down field in 12 plays, only to have Franklin's Burke pick off a stray pass on the 18.

Franklin's Ken Mercado recovered an Oak Park fumble to halt another drive and the half ended, 20-0. The Patriots took the second

half kickoff on their own 49. Fullback Dave Hochstadt sprinted for 18 yards, 17 yards, and climaxed the drive with an 11 yard burst up the middle. Dan Quinn converted and it was Franklin 27, Oak Park 0.

Matt Demars started the final Franklin drive with his second pass interception and the Patriots took over on their own 37.

SIXTY-THREE yards and five plays later, Fred Feller broke loose for 40 yards and six points. Guy Burke split the uprights and that's the way it ended, 34-0.

Statistics were very misleading in the onesided contest. Franklin picked up 12 first downs to Oak Park's 11 but Oak Park crossed the 50 only twice.

The Patriots rushed for 241 yards with Quinn picking up 82 yards in 12 carries and Hochstadt 66 yards in 12 carries.

OAK PARK collected 142 yards on the ground and 110 in the air on nine of 26 passes. Franklin made good seven of 15 aerial attempts.

Borgess Scores Win On 41-Yard Field Goal

Tom Birney delivered and Bishop Borgess chalked up its fourth football win.

With two seconds remaining in the first half, Birney booted his third three-pointer of the season to put Borgess up, 10-0. Bishop Gallagher struck back with seven points in the third stanza but the three point difference held good.

Borgess stands 4-2 overall and 2-1 in Double A Catholic action with Divine Child in the driver's seat at 3-0.

The Spartans scored five minutes into the game on a 34 yard punt return by Junior Dan Kelly. Birney converted and Borgess led, 7-0.

of the half and the Spartans were up, 10-0. The kick was Birney's third out of four attempts in the '72 campaign. He booted a 26 yarder that beat Catholic Central, 16-7, and made good on a 36 yarder against St. Ladislau.

Bishop Gallagher rebounded in the third quarter with a punt return of its own. Quarterback Mike Scherish sprinting 80 yards. The kick was good by Zinner and the margin was sliced to 10-7.

BISHOP GALLAGHER drove to the Borgess 19 late in the quarter but was stopped on a fourth and two play.

Dave Phillips killed off any hopes Gallagher had late in the final quarter on a pass

interception with 1:10 showing on the clock. Glen Variesi had earlier halted another Gallagher drive with another interception.

Bishop Gallagher collected eight first downs to seven by Borgess and outrushed the Spartans, 92 to 78 yards. Gallagher's passing game accounted for 55 yards on three of 13 while Borgess made good on four of 13. Greg Drypen hit on three of nine and Shawn McCarthy connected on one of four.

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