. î .

Boys track from page D1

Mackey and freshman Krishna Reed will help in the high jump. The Hawks return a pair of state qualifiers in the pole vault. Sophomers Derek Laskowski went 12-6 and senior Jeff Lazar

went 12-6 and senior Jeff Lazar
11-6 last year.
We have we or aix guys who
can go over 9 feet, Reed said. 'I
think it will be one of our better
field events, but there are a lot of
teams out there that have the
equivalent of that.'
Woods, who was fourth in the
regional and had a season best of
20-1, and Southfield-Lathrup
transfer Andre Davis are quality
long jumpers.

20-1, and Southfield-Lathrup transfer Andre Davis are quality long jumpers.

"I don't know what other people in the area have, but I think we're going to be better in the long jump than we were last year," Reed said, adding Johnson is trying that event and Reed will be good there, too.

The Hawke will miss Jared Roth in the distance runs, but Reed hopes juniors Jack Ardisana, Ben limer and Tony Ward and sophomore Jason Scarborough will fill the void.

"They're working hard every day, and we hope wo're going to have some breakthroughs," Reed said. "We didn't do as well as we wented in cross country, but the kids have worked hard and improved since the fall."

N. Farmington Raiders

N. Farmington Raiders

N. Farmington Maiders
. The Raiders fielded a competitive team last year and are
expected to be as good if not bettir this year with a host of quality athletes returning.
North finished ninth in the 12team WLAA meet but was fifth
in the regional and 11th in the
county. The Raiders were 4-2 in
dual meets (4-1 in the Lakes
Division).

dual meets (4-1 in the Lakes Division).

"I'm really optimistic," North-coach Todd Schultz said. "We have good senior leadership and team chemistry.

"With a combination of our experience, some depth and the aggeness of our underclassmen, we should have a pretty good year. We're looking forward to a competitive season."

This will be the last year for Schultz coaching track at North. He was named hoad football coach earlier this year at Royal Oak Dondero, where he also teaches.

teaches. Schultz, a 1983 graduate of North, was an assistant football coach at North for 11 years and track coach for five. The Raiders have good people in nearly every event, beginning

in nearly every event, beginning with senior Ryan Kosutic in the

with senior Ryan Rosutte in the pole vault.

He was a regional champion and would have won the WLAA, too, if not for state champion Paul Terek of Livonia Franklin. Kosutic had the second-best vault in the area at 19-3.

Kosutic had awgery last year to repair a torn bicep muscle that caused him to miss the entire 1997 football season, and

he's currently sidelined with a pulled hamstring, which kept him out of the first dual meet. Thursday, But Schultz expects him to make a complete recovery and have a fine senior season.

North has a veteran thrower in senior Kirk Moundres, who will play football at the University of Michigan. His best last year was 48-9% in the shot and 131-2 in the discus, which he exceeded Thursday when he threw 138-2.

The Raiders have dopth in the throwing events with seniors Sean Clark, Matt St. Charles and Self Grossman. Seniors Dan Gabriel, Tim Muir and Steve Fera will help in the pole vault. Senior Andrew Wilder should be one of the area's best long jumpers. He was second in the regional and fifth in the WLAA.

Tio jumped 19-10's Thursday, and his best was 20-2's last year, so he's right on track for having a tremendous year in that event, Schultz said.

Campbell rectured in the high jump after a knee injury kept him out of it last year.

North has an excellent jurdler in senles John Cell habe when he he in senles John Cell habe when he was sent and the sen in the high jump after a knee injury kept him out of it last year.

knee injury kept him out of it hast year.
North has an excellent hurdler in senior Josh Callahan, who scored in both events at the conference meet and was fourth in the regional (300). His best times were 15.4 and 41.1 — both among the best in the area.
"We hope for a great year for Josh," Schultz said. 'He's done a tremendous job for us in all events. He has tremendous character as a person, and I hope has the same success he's had in the past."

has the same success he's had in the past.

The Raiders are solid in the sprints with Wilder, Campbell, Koautie, Grossman, Colbert, seniors Matt Sallen and and Rob DeRoven and versatile sophomore Mike Millat.

Millat was one of the area's abest in the 400 (53.4). Callahan, Wilder, and senior Sean Matuszak can run that event, too.

Matuszak can run that event, too.
Gabriel's participation in track has been delayed by some late-season swim meets, but he is expected to help in the middle distances. He was fourth in the 800 at the regional (2-05-8).
The Raiders have quality distance runners in sanior Jon Berman and sophomore Charlie Stamboulian, who wen the 800, 1,600 and 3,200 Thursday and also anchored the winning 3,200 relay team. Senior Sam Long is another distance man.

Farmington High Falcons

The jumping events will be Farmington's strong suit, espe-cially with senior high jumper

cially with senior high jumper John Lowry returning. Lowry had the second-best jump in Observerland last year (6-4). He was second in the regional, sixth in the county meet and ninth in the state. Farmington has depth with



Up-and-coming prospect: Sophomore Jeff Frederick returns to run the hurdles and compete in the pole vault for the Farmington boys track and field team.

prospects.
"Hopefully, a couple of those "Hopefully, a couple of consigury can emerge and be consistently in the mid 18s," Bridges said. "It's one of the areas on the team we have depth."

The leading pole vaulters are senior Nick Colson, junior Mitch

senior Clay Jenovai, a 6-foot jumper who was eighth in the conference, and sophomore Ben Lukas.

"Wo have another three or four who are working real hard," coach Chip Bridges asid.
The Palcons also have five long jumpers who can jump in the mid 17-foot range. Sophomores Dustin Gress, Matt Webb and Todd Anthony are the top prospects.

"We're very, very green; we're going to give up a let of points prospects."

Mike Bewernitz threw some last year.

"We're very, very green; we're going to give up a lat of points there," Bridges said. "The good news is we have 12 guys through. With all of that competition, it could turn into an area of strength at some point."

The Falcons have their top two hurdlers back in Lukas and Frederick. Lukas is best in the

TRACK RESULTS

GIRLS TRACK RESULTS HORTH FARMINGTON 66 (ALLED LAKE WESTERN 42

April 2 als North Farmington
Bod poth Vellass Graft (VR), 354-4 Sacess:
Melissa Graft (VR), 315-5; Mgb Jamp; Kristen
Melissa Graft (VR), 315-5; Mgb Jamp; Kristen
Milliamson (VR), 45-5; Geng Jamp; Kristen
Milliamson (VR), 45-5; Geng Jamp; Kristen
Jamp; Kristen
Jamp; Jamp

Farmington (Hand, Astie Harris, Bockl),
Frank), 45.3. A

Libration of Transcoler of Tr

FAINMENTON BTS
APPLIED 21 of Femingon
Movingo Glush, 103, 100 dash, Kelly Blacene,
13.5; 400 dash, Kate Adems, 1.06.5; 300
Movingo, Bush, 103, 100 dash, Kelly Blacene,
13.5; 400 dash, Kate Adems, 1.06.5; 300
Adems, 2:30.6; 200 desh, Barenis, 20.3;
3.00 na., Black Adems, 1.30.4; Sickur, Ern
Allen, 30-5) second status, 100.4; Sickur, Ern
Allen, 30-5) second status, 100.4; Sickur, Ern
Allen, 30-5) second status, 100.4;
Allen, 30-6; Sickur, 100.4; Sickur, 100.4;
Allen, 30-6; Si Allen, 93-b; secone green.

Service Standards, 10:5, 200 Standards, Duck.
5.8.0, Nayl jump, Karle Bolder and Kristy Figes.
68: 400 dash; Underly Mingram, 1:10.1.

Indig Jump, 1:

110 hurdles (16.1) and Frederick in the 300 (44.3). Both placed high in the freshman county

high in the freshman county meet.

"As the season goes on, that will be a good event with those two guys," Bridges said.

Sophomore Mark Ostach Gress, Anthony are the best sprinters, but Ostach is out indefinitely with a knee injury. Seniors Sharan Lohithaswa and Brad Opferman, junior Matt Offman and Webb add depth. Colson is the top quarter-miler.

"I really look for (Colson) to have a great year in the 400," Bridges said. "I think he's going to be significantly improved over last year."

April 2 all Faccingtion Mariano Shet part. Steve Miginor (FH), 400 c; sec. Dan Principutor (FH), 400 c; sec. Dan Principutor (FH), 200 c; help lan Mercin Woods (FH), 201), high jamps; look for (FH), 510; pole wastil brank Lakeovski) (Fi. 10-16; 3,200-meter relays Stevenson (R Block, Chris Mills, Jor Versellen, Mills (Feb. 1981), 100 c; and principutor (FH), 510; and 510

(15), 200.0, 200 dash: Battle (FM, 23.2); 3,200 met Mer Fetzal (15), 1054-0, 5,000 seizy; Harmson (Mohand, Battle, Sharo, Brad Jacob and Jacob Andrea and Jacob and Jacob and Jacob Andrea and Jacob and Jacob Andrea and Jacob Andrea

Bridges had been disappointed

with the early-season workouts by his distance crew in general. Senior Ryan Scheidies also is sidelined indefinitely with an injury. Bridges expects freshman Pat Lockhart to have a good rookie year and sophomore Brian Atkins to be improved.

"Right now our strength is in the sophomore class," Bridges said, add the Falcons will strug-gle with inexperience and lack of depth.
The kids we have work real

hard; we've got some quality kids. I look for us to improve as the year goes on."



Improvement section, which features an interesting story about the all-American porch. There also will be information about back yard gardens and fences, plus much more. Look for this colorful section in **AT HOME** on Thursday, April 23, in your hometown newspaper.

Observer Etcentric again for

Attention Advertisers: To advertise in Spring Home Improve call one of these numbers before April 7, 1998

Wayne County: 734-591-2300 • FAX 734-953-2121 Oakland County—248-901-2500 • FAX 248-901-2553 Lake Orion: 248-693-4900 • FAX 248-693-9718 Clarkston: 248-625-1900 • FAX 248-625-5712



MIGRAINE AND OTHER HEADACHES

Featuring: JOEL R. SAPER, M.D., F.A.C.P.

Head Pain Expert, Author & Educator
Director of the Michigan Head-Pain & Neurological Institute
Professor of Neurology at Michigan State University

Expert Panel: Barbaraone Branca, Ph.D., Neuropsyc Steven B. Silverman, M.D., Anesthesiologist James R. Weintraub, D.O., Sleep Disorders Specialist

Topics

- Head Pain in Adults & Children
 - Hormones & Headaches
- Sleep & Head Pain
- Stress & Headaches: Facts vs. Fiction Treatment Strategies & Current Research Impact of Pain on Families
- Dencession & Pain

Tuesday, April 7, 1998 7:00 - 9:00 p.m.

Northfield Hilton - Troy 5500 Crooks Road east of I-75

Free admission

CALL (800) 612-5733

To Register or for Additional Information

DISTRIBUTORS NEED

& WEBLEY "THE DO IT YOURSELF WEB PAGE KIT"

Web kit includes directions and templates for one Web Page with two graphic images, 200 words of text, a free link to existing E-MAIL, one year free hosting, one year Premier Listing (one graphic image & 200 words) on CITYDIRECT.COM (a global directory with traffic, weather, sports, movies, coupons, and more).

The web kit sells for \$198 plus Tax & \$10 shipping. Call Ms. Kennedy (248) 738-9787

WEBLEY Is your Virtual Voice-Activated Personal Assistant, CALL 1-888-807-3151 FOR A DEMO

HISTORY IS HAPPENING... WHERE ARE YOU SITTING? INDIVIDUAL TICKETS ON SALE TOMORROW,



DETROIT SHOCK INAUGURAL SEASON HOME SCHEDULE

SATURDAY JUNE 13 THESDAY MEDNESDAT *PERMESDAY* FRIUAY HEDNESDA' FRIDAY WEDNESDAY FRIDAY WEDNESDAY

CLAPLOTE STING
CLEVELAND ROCKERS
SACRAMENTO MARCHS
WASHINGTON MYSTICS
CHARLOTTE STING
NEW YORK LIBERTY
PHOPHIX MERCURY
UTAN STARZZ
CLEVELAND ROCKERS
WASHINGTON MYSTICS
LOW ARCHIVES
WASHINGTON MYSTICS
LOW ARCHIVES
WASHINGTON MYSTICS
LOW ARCHIVES
WASHINGTON MYSTICS
LOW ARCHIVES
WASHINGTON MYSTICS
LOW ARCHIVES STRING LOS ANGELES SPARES

> LOS ANGELES SPARKS HOUSTON COMETS NEW YORK LIBERTY

> > WNBA

Tickets as Low as \$8!

THE PALACE BOX OFFICE AND ALL THERETHERE .. CHARCE: (248)645-6666. CALL (248)377-0100 ER INFO.

PALACE

GM @