

Area gymnasts do well in regional competition

Farmington Gymnastics Center was represented by seven gymnasts at the USGA Level 9 Regional Championship May 10-11 in Louisville, Ky.

Nicole Dunn of Livonia, a sophomore at Stevenson High School, was sixth in the Senior C all-around with a score of 35.575.

She placed third in the floor exercise competition (9.425), fifth on the uneven bars (9.4) and sixth on the balance beam (9.15).

In the Senior A session,

Kelly Weiskel finished in eighth place on floor (9.225) and had an all-around total of 34.85.

Amanda Perilli compiled an all-around score of 35.75 in Senior B. She was eighth on beam (8.9).

In the same division, Wendy Ross had an all-around of 35.70 and Jenna Benoit 35.05. Ross earned eighth place on vault, scoring 9.175.

In the Senior D competition, Caitlin McPherson's all-around score was 35.075 and Sarah Tomkovich's 34.70.

BASEBALL

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(1-0).

Doty started the sixth with a walk, Nick Martz followed with a single and both scored on an error on a ball hit by Brendan Clarke. Tom Spilch singled in Clarke, and Andy Harris scored on a fielder's choice by Paul.

Clayton Pack scored two runs to go with his three hits in the game. He started the weekend with a pair of home runs in the opening, 12-2 win over the St. Clair Shores Mariners. Pack was 8-for-12 in the four games with 11 RBI.

Josh Rebandt (1-0) struck out seven Mariners in only four innings as the game was called on a mercy rule after an eight-run lead.

Pack, Martz and Craig Bergeron are newcomers, joining the returning Blues from the 13-and-under squad that won the USSSA state title last year.

In the second game, the Blues merced the Westland Cobras in six innings, 9-1, behind the pitching of Brooks Tyun (1-0), who fanned four hitters and walked none while surrendering seven hits.

The Blues entered Game 3 against the 2-0 Bedford Beantons with the winner advancing to the final.

Jeff Gorecki (1-0) pitched an eight-hitter, striking out six and walking two, in a 4-1 victory.

Pack sealed the win with a three-run triple when the score was tied, 1-1. Bergeron made several key defensive plays at first base in that game.

The Blues were without Rebandt for the final and went the entire tourney without returning players Jonathan Castine and Akhenaton Thomas.

Castine, starting catcher for Orchard Lake St. Mary's varsity, will join the Blues when his high school season is completed. Thomas is hoping to re-join the team in mid June.

The Blues' 2002 season record was 62-9, the best since the nucleus of the team formed as 9 year olds, and followed a 51-7 record as 12 year olds.

Last year's record included four tournament wins, a seventh-place finish at the AAYBA World Series, two tournament seconds, a runner-up finish in the Little Caesars Amateur Baseball Federation. The Blues were ranked No. 1 in the USSSA Great Lakes Region and Michigan.

The Blues' head coach is Rick Tyun; the assistant coaches are Steve Gorecki, John Castine and Larry Miller.

LACROSSE

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also moved up a level this year, the East title.

In the semifinal Friday, the teams were tied at the end of regulation play, 8-8, and each scored a goal during the two three-minute overtime sessions that followed.

Kobie Joseph scored Grand Blanc's eighth goal with one second remaining to send the game into overtime.

Allison Lyon put Farmington ahead in the first overtime period, but Grand Blanc's Becky Paul tied the score at nine goals apiece with 20 seconds left in the second session.

Kokko got the game-winner just 15 seconds into the sudden-death overtime.

"We opened with a couple quick passes to Brittan," Mehall said, adding Grand Blanc played a strong zone defense. "The pass was behind the zone, and that allowed her to go in and get the goal."

"We tend to play more of a passing game. Grand Blanc is more of a power team with a very fast break. They scored most of their goals in uneven situations, on breakaways."

"Most of our goals were scored with set-up plays. With the zone they had, that was the only way we could break their zone."

Farmington had a 5-4 lead

at halftime. Lyon and Bethany Rattal scored three goals each; Jenny Adams, Ashley Kandt, Kokko and Lindsey Hirzel added one apiece.

Wendy Bakken was in goal for Farmington and made 14 saves. Grand Blanc had a 23-18 advantage in shots on goal. Lyon, Kandt, Kokko and Kathy Haas had one assist each.

Mehall cited three defensive players - Kristie Boskey, Rattal and Mallory Brown - as the stars of the game on the Farmington side.

"Our defense really had to get back," Mehall said. "The Grand Blanc team was a very strong breakaway team, which required our defense to get back quickly. They recovered in most cases and intercepted quite a few passes."

Farmington advanced to the semifinal round by defeating Ann Arbor Wednesday, 8-5.

Kandt led the way with three goals. Rattal scored twice; Lyon and Boskey had one goal and one assist apiece, and Kokko had one goal.

Farmington led 6-4 at halftime and outshot Ann Arbor, 23-20.

"It was a real clean and enjoyable game," Mehall said. "What helped us was our defense played really strong. Wendy played a good game and so did Mallory Brown."

Kandt, Brown and Bakken were the team MVPs in that game, he added.

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First is hope. Your expectation is that tomorrow will be better, you just need a little more time to move on your own. Second is disappointment. You are upset with yourself that you are less than completely healthy, and you want to keep the problem to yourself. Seeking help, not only cures the problem to the doctor and his staff, but often involves explanations to family, friends, and employer.

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Guest Speaker, Michael D. Seidman, M.D.
Wednesday, June 11, 2003 • 7:00 pm to 8:30 pm
Nutrition and Alzheimer's

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→ Dr. Michael Seidman attained both his B.S. in Human Nutrition and M.D. from the University of Michigan. Her directs several programs, laboratories and centers. He is an active scientist and has funding from the National Institutes of Health and other major institutions. He is considered an expert on the molecular basis of aging, noise induced hearing loss, otologic/neurologic-skull base surgery, all aspects of ear, nose, throat, head and neck surgery, tinnitus, herbal therapies, nutrition/antioxidants and their relationship to health, sports and aging. He lectures around the world on such topics; has more than 80 major publications; numerous awards including being honored as one of the top Doctors in the USA (Top 1%), and has several patents pending including some on aging, and Alzheimer's disease.

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