

Falcons, Marlins record soccer wins

The Farmington and Farmington Hills Mercy girls soccer teams played two different types of games Wednesday and Thursday, but the outcomes were very different.

The Falcons cruised to a 5-0 halftime lead and easily won their season opener by routing visiting Southfield-Lathrup 16-2 Wednesday. Mercy followed an even first half with four unanswered goals and pulled away from Harper Woods Region 5-1 Thursday.

The host Marlins (2-0) were tied with the Saddlers 1-1 at halftime but dominated the second half.

Forward Kathryn Dudley led the Mercy attack with two goals and two assists. Tanya Macloche, Dana Lehmkuhl and Carrie Dzalozar scored one goal each.

"We were concerned," Mercy coach Deepak Shivraman said. "Both teams played well, but the game opened up in the second half in our favor."

Farmington had little trouble disposing of the

Chargers. Seven different Falcons scored, led by junior Sue Gibson, who scored three goals and added an assist. Senior Monika Kurzer scored twice.

Sophomore Fran Karlin had one goal and three assists, and senior Susan Cilnard, freshman Jessica Vidar and sophomores Kim Poppy and Michelle Lorenz had one goal apiece.

Seniors Kristen Soper and Kim Owczarzak split time minding Farmington's net.

AYANA NASIH scored two goals to lead Plymouth Canton past host Farmington in a Western Lakes Activities Association soccer game Friday. Canton, which led 2-0 at halftime, improved to 2-1 overall. The Falcons dropped to 1-1.

Canton's other goals were scored by Colleen Connell, Britta Anderson, Leah Hutko and Amy Westerhold. Goalie Jori Welchans got the shutout. "Farmington played good defense for a while,

but we wore them down," Canton coach Don Smith said.

JUNIOR GOALIE Jenny Emmett collected her second consecutive shutout for Plymouth Salem, which blanked North Farmington 11-0 in another W.L.A.A. contest.

Junior forward Mandy Drummond set a school record for assists with five, and she also had one goal.

Senior forward Erin Harvey led the offense with three goals. Junior forward Erin Bagozzi added two goals and one assist, and sophomore Kris Goff chipped in one goal and one assist. Mackenzie Emmett, Sara Egloff, Charu Sinha and Julie Thomas also scored goals for Salem.

"We have a very strong team, and North Farmington is inexperienced," Salem coach Ken Johnson said. "They played with a lot of spirit and we didn't score until 12 minutes. It was a wearing-down process."

Bodybuilder points toward nationals

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A normal breakfast for Gerard consists of egg whites, oatmeal and low-sodium toast. For lunch and dinner it would be turkey or chicken with mixed vegetables and rice. Every fourth day he consumes red meat for its iron and mineral content.

"While dieting for a contest, it's nearly impossible to add muscle mass," Gerard said. "All you're trying to do is strip the body fat away to reveal what you've created. What you're basically doing is shaping the muscles a bit and maintaining the muscle mass you've already created."

Gerard, who studies computer

programming at Oakland Community College, has followed a rigorous schedule that had him doing five shows in the last eight months, and he left school for a semester to train for the last three.

"I think it paid off," he said. "I knew I had made a big improvement over the last contest, and I don't believe anyone works harder than me. I didn't cheat on my diet once I was in the best shape of my life."

Gerard's next show will be the Great Lakes Open Natural Contest on July 20 at the Redford Theater, and he hopes it will be his last for two years. If he finishes among the top two in his weight class, Gerard will qualify for a national meet, and he will have two years to compete

before his eligibility expires.

"I WANT THE maximum amount of time to refine my physique and improve, so I can compete at that level," Gerard said. "I'll be in an off-season phase for 1½ years and the pre-contest phase for six months."

His ultimate goal is to become a professional bodybuilder. Few earn a lot of money at that level, Gerard said, but prize money can be as much as \$70,000. However, his

greatest fear is the sport is moving away from testing for drugs and he would have to take steroids to compete at that level.

"That's a very big question in my life," Gerard said when asked if he would. "That's a choice I wish I didn't have to make."

"Why have the appearance of total health, with a great physique when you're just destroying your body inside."

track

FARMINGTON CITY TRACK/FIELD MEETS
(Thursday at Harrison High School)

GIRLS RESULTS

Team scores: 1. Farmington, 72½; 2. Harrison, 53½; 3. North Farmington, 38.
Long jump: 1. Correen Heintzmann (H), 15-2; 2. Sue Gibson (F), 12-10; 3. Shari Napp (F), 13-10; 4. Maya Sharif (F), 13-1.
High jump: 1. Tamiy Allen (F), 4-8; 2. Gretchen Chapman (F), 4-6; 3. Leah Bernholtz (H), 4-4; 4. Correen Heintzmann (H) and Elizabeth Quenneville (F), 4-1.
Shot put: 1. Becky Washneck (F), 31-10; 2. Keri Owczarzak (F), 31-5; 3. Becky Karbowitz (H), 27-8; 4. Deene Prid (H), 26-9.
Discus: 1. Deanne Guroff (F), 95-1; 2. Keri Owczarzak (F), 93-4; 3. Becky Washneck (F), 91-2; 4. Deene Prid (H), 80-0.

3,200-meter relay: 1. North Farmington, 10:52.2; 2. Farmington, 11:18.7; 3. Harrison, 11:29.9.

100 hurdles: 1. Correen Heintzmann (H), 16.7; 2. Susan Davidson (F), 17.4; 3. Kristi Cornwell (H), 17.5; 4. Jessica Johnson (H), 17.8.

100 dash: 1. Kay Rogers (F), 13.2; 2. Maya Gathia (H), 13.5; 3. Heather Conley (H), 13.6; 4. Jana Podskany (H), 13.8.

800 relay: 1. Harrison (Heather Conley, Jessica Johnson, Kristi Cornwell and Jana Podskany), 1:58.2; 2. North Farmington, 2:01.3; 3. Farmington, 2:02.0.

1,600 run: 1. Emily Shively (H), 5:34.9; 2. Alison Davis (F), 5:53.1; 3. Jill Murray (H), 6:03.2; 4. Keri McGowan (H), 6:15.8.

400 relay: 1. Farmington (Kay Rogers, Candace Ereno, Tamiy Allen and Cheryl Casardi), 5:52.2; 2. Harrison, 5:58.3; 3. North Farmington, 5:58.3.

400 dash: 1. Jennifer Derwinski (F), 1:05.9; 2. Melaine Penrice (H), 1:09.8; 3. Jessica Johnson (H), 1:11.0; 4. Tracy Mitchell (H), 1:11.4.

300 hurdles: 1. Kristi Cornwell (H), 53.1; 2. Correen Heintzmann (H), 53.7; 3. Shari Napp (F), 53.4; 4. Susan Davidson (F), 54.3.

800 run: 1. Jenny Wen (H), 2:38.1; 2. Lina Warnick (H), 2:41.8; 3. Sarah Unruh (F), 2:45.9; 4. Becky Sharp (H), 2:47.6.

200 dash: 1. Kay Rogers (F), 29.1; 2. Heather Conley (H), 28.6; 3. Cori Gierat (F), 29.1; 4. Maya Gathia (H), 29.3.

3,200 run: 1. Emily Shively (H), 12:11.2; 2. Alison Davis (F), 12:51.3; 3. Jill Murray (H), 13.4; 4. Kristi Unruh (F), 14.1.

1,600 relay: 1. North Farmington, 4:40.2; 2. Harrison, 4:44.8; 3. Farmington, 4:47.9.

BOYS RESULTS

Team scores: 1. Farmington, 90; 2. Harrison, 59; 3. North Farmington, 23.

Long jump: 1. Jason Tucker (F), 19-4; 2. Jason Dreyer (H), 19-10; 3. Eric Meyer (F), 19-16; 4. Cory Lavery (F), 19-0.

High jump: 1. Jason Tucker (F), 6-0; 2. Todd Wright (F), 5-8; 3. Tony Catchings (H), 5-6; 4. Mark Rosen (F), 5-8.

Shot put: 1. Tony Sharb (H), 48-2; 2. Blaz Sarcevic (H), 44-8; 3. Leon Jefferson (H), 39-9; 4. Bill Tenille (H), 38-4.

Discus: 1. Tony Sharb (H), 148-0; 2. Bill Tenille (H), 128-7; 3. Parth Gandhi (F), 112-8; 4. George Rababec (H), 110-0.

Pole vault: 1. Dave Goettner (H), 10-0; 2. Bill Richardson (F), 10-6; 3. Chris Manning (F), 9-6.

3,200 relay: 1. Farmington (Ben Goba, Dave Girard, Mark Scario and Ryan Adams), 8:51.4; 2. Harrison, 9:03.3; 3. North Farmington, 9:20.2.

110 hurdles: 1. Joe Miller (F), 15-6; 2. Todd Wright (F), 16-5; 3. Jason Cole (H), 16-5.

100 dash: 1. Roy Granger (H), 11-1; 2. Ryan Adams (H), 11-6; 3. Eric Meyer (F), 11-7; 4. Chris Manning (F), 11-7.

800 relay: 1. Farmington (Kevin Koshovsky, Eric Koen, Jason Tucker and Cory Lavery), 1:39.9; 2. North Farmington, 1:40-0; 3. Harrison, 1:40-0.

1,600 run: 1. Ben Goba (F), 4:44.0; 2. Jason Dreyer (H), 4:54.3; 3. Dave Girard (F), 4:56.6; 4. Mark Deans (H), 4:59.1.

400 relay: 1. Farmington (Joe Miller, Eric Meyer, Chris Manning and Kevin Koshovsky), 4:52.2; 2. North Farmington, 4:59.3; 3. Harrison, 4:59.3.

400 dash: 1. Tony Catchings (H), 54.1; 2. Dan Mair (H), 55.1; 3. Steve Walter (F), 55.2; 4. Cory Lavery (F), 56.1.

300 hurdles: 1. Joe Miller (F), 42.2; 2. Todd Wright (F), 44.0; 3. Bill Richardson (H), 45.1; 4. Steve Brun (H), 45.7.

800 run: 1. Ryan Adams (F), 2:11.4; 2. Jason Dreyer (H), 2:14.1; 3. Eric Meyer (F), 2:16.1; 4. Rob Bohn (H), 2:20.0.

200 dash: 1. Roy Granger (H), 23.9; 2. Joe Miller (F), 24.2; 3. Kevin Koshovsky (F), 24.3; 4. Eric Meyer (F), 24.3.

3,200 run: 1. Ben Goba (F), 10:01.0; 2. Mark Deans (H), 10:40.0; 3. Mark Moore (F), 11:04.8; 4. Kevin Atterbaugh (F), 11:23.6.

1,600 relay: 1. Harrison (Jason Dreyer, Matt Zimmerman, Todd Wood and Mark Deans), 3:45.4; 2. Farmington, 3:46.3; 3. North Farmington, 3:55.6.

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