

Shamrocks are league champs

BY STEVE KOWALSKI
STAFF WRITER

The Redford Catholic Central boys track team didn't need Mike Mittman at last year's Catholic League Meet.

But the Shamrocks couldn't do without him Tuesday of last week.

Mittman, sidelined by mononucleosis during the 1992 track season, turned in a heroic performance as CC won its second-straight Catholic League meet at Farmington Hills Morey CC, which won last year by 17 points over the second-place team, used a healthy Mittman to rally for a 140-136 victory over the University of Detroit-Jesuit.

Birmingham Brother Rice took third (100), followed by Warren DeLaSalle (80) and Dearborn Divine Child (39).

The Shamrocks trailed U-D Jesuit by 11 points with coach Tony Magni asked Mittman if he had enough strength to run the 3,200 meters. Mittman, who earned 14 points earlier in the meet by winning the 1,600 run (4 minutes, 29.6 seconds) and finishing fourth in the 800 run (2:00.3), took off his sweat and gave it a go.

"Coach said he needed more points and wanted me to get fifth or sixth," said Mittman, who was the Class A cross country champion last fall. "I was just hoping to hang on, but I felt 'What the hell, I might as well go for it.'"

Mittman barely made it to the blocks in time to start the race then responded by finishing first (9:44.6), almost four seconds ahead of second-place Phil Soback (9:48) of DeLaSalle. Mittman collapsed in exhaustion after

BOYS TRACK

crossing the tape before getting back to his feet.

"From the yellow line on, I was walking in. I was so dead," Mittman said of his last five meters of the race.

CC also won fourth through sixth-place in the 1,600 run to earn 17 points and go ahead of U-D Jesuit, 132-126, with just the 1,600 relay left. Joe Leo was fourth (5:50.9), followed by Mark Leo (10:05.6) and Damon Harris (10:15.2).

Mittman took the place of senior Jeff Wollschlaeger, who wasn't feeling well. Wollschlaeger is one of 24 seniors who have led the Shamrocks to three Catholic League titles in their four years.

"Jeff wasn't feeling all that well and said 'If it's going to be for the good of the team, have Mittman run,'" Magni said. "We have seniors on the team who knew they wouldn't be in the top five or six runners but wanted to be with the other guys. This is special because the seniors stuck around."

Senior Joe Suhajda successfully defended his Catholic League championship in the discus with a school-record toss of 162-feet, 4 inches. Suhajda also won the shot put (32.74), ahead of teammate Nick Kallias (51-84) and Doug Berezinski (51-14), who took second and third, respectively.

Suhajda is putting the shot 10 feet farther than he did a year ago. "(Coach) Gene Grew gave me a lot more experience to learn from the blocks in time to start the race," Suhajda said.

"When you're throwing, the idea is to move throughout the circle without a pause and get a

better snap." CC senior, Eric McKoon, took second place in two events and third in another to earn 22 points. McKoon was second in the 200 run (22.2) and 400 run (48.8) and third in the 100 dash (11.2). U-D Jesuit's Charles Polk was first in the 100 dash (11.0), 200 run (21.9) and 400 run (48.2).

McKoon thought he should have challenged Polk more in the 400.

"I was hoping to win the 400, but he just got out there and took off," McKoon said. "I should have run with him more on the back stretch."

McKoon anchored the 1,600 relay team, which included Marc Eden, Chris O'Keefe and Brandon Dalziel, and finished second (9:52.4) to clinch the victory. The 3,200 relay team of O'Keefe, Jarrett Fitzgerald, Brian Smith and Dalziel also took second (8:20.6).

CC's Marc Eden also played second fiddle to a U-D Jesuit runner, William Brooks, in both hurdles events. Brooks won the 110-meter hurdles (14.5), followed by Eden (14.9). Brooks won the 300 hurdles (38.9), also ahead of Eden (39.7).

Brother Rice, which led last year's Catholic League meet after the field events, gained 18 points in the high jump and 18 in the long jump. Jack Manning won the high jump (6-0) and was second in the long jump (21-6) for the Warriors.

Rice's other victory came from Tim Crawford, who edged U-D Jesuit's Edward Gardner in the 800 meters. Crawford finished in 1:59.1, compared to Gardner's 1:59.5.

WESTERN LAKES ACTIVITIES ASSOCIATION

Girls' Track and Field
Wednesday at Canton

TEAM STANDINGS: 1. Plymouth Salem, 142 points; 2. Plymouth Canton, 139; 3. Lynde Stevenson, 95; 4. Walled Lake Western, 83; 5. North Farmington, 81; 6. Northville, 43; 7. Westland John Glenn, 32; 8. Farmington Hills, 25; 9. Livonia Churchill, 18; 10. Farmington Hills, 17; 11. Walled Lake Central, 9; 12. Livonia Franklin, 4.

FINAL RESULTS

100 dash: 1. Ndu Okwumabua (Canton), 9.84 (meet record); 2. Andrea Schaefer (Farmington), 9.92; 3. Colleen Lesonski (Stevenson), 9.97; 4. (tie) Melissa Hopson (Salem) and Nicole Van Hees (Canton), 9.97 each; 7. (tie) Elizabeth Quenneville (Farmington) and Stephanie Gray (Canton), 9.97 each.

200 dash: 1. Wendy Foster (Northville), 19.99; 2. Courtney Brown (John Glenn), 19.79; 3. (tie) Nicole Jacques (Western) and Cathy Dade (Stevenson), 19.94 each; 5. Sarah Makins (Salem), 19.99; 6. Janaya Smith (John Glenn), 19.99; 7. Krista Snow (Hamilton), 19.99; 8. Cathy Korkin (Canton), 19.99.

400 dash: 1. Sarah Hamilton (Salem), 51.93 (meet record); 2. Sarah Hamilton (Salem), 51.93; 3. Jenny Ray (Western), 51.87; 4. Emily Shively (N. Farmington), 52.01; 5. Bridget MacKinnon (Stevenson), 52.01; 6. Laura McWilliams (Canton), 53.35; 7. Karen Bourdieu (Salem), 53.35; 8. Rachel Loebe (Northville), 54.02.

800 relay: 1. Sarah Hamilton (Salem), 51.93 (meet record); 2. Sarah Hamilton (Salem), 51.93; 3. Heather Burcar (N. Farmington), 52.01; 4. Emily Shively (N. Farmington), 52.01; 5. Adrienne Browne (Northville), 53.35; 6. Tracy Carver (Canton), 53.35; 7. Meghan Barnes (Canton), 53.35; 8. Sarah Luperus (Salem), 53.35.

GIRLS' TRACK

Stephanie Gray (Canton), 31-2; 6. Christy Sorbala (Western), 29-11.

2,200-meter relay: 1. Salem (Stacy Witthoff, Kelly Stanek, Courtney Sheldon and Lynde Seabright), 8:40.1; 2. Western, 8:47.1; 3. Stevenson, 8:58.8; 4. Canton, 10:41.0; 5. Harrison, 10:30.0; 6. Central, 10:39.8; 7. N. Farmington, 10:52.0; 8. Churchill, 10:53.8.

100 hurdles: 1. Sarah Makins (Salem), 15.2; 2. Kristina Kipela (Canton), 15.6; 3. Krista Snow (Hamilton), 15.7; 4. Jil Eppert (Stevenson), 15.9; 5. Angela Fountain (Canton), 16.0; 6. Alissa Gordon (N. Farmington), 16.7; 7. Amber Rikerson (Farmington), 16.7; 8. Lori Truett (John Glenn), 16.8.

100 dash: 1. Ndu Okwumabua (Canton), 12.6; 2. Vanessa Denning (Salem), 12.7; 3. Felicia Bailey (John Glenn), 12.8; 4. Nicole Jacques (Western), 12.8; 5. Heather Bond (Church), 13.1; 6. Olive Bush (Canton), 13.2; 7. Carrie Dabell (Northville), 13.7; 8. Kim Coleman (Farmington), 13.9.

800 relay: 1. Salem (Sarah Hamilton, Dana DeLoach, Maria Factor and Tonya Wheeler), 1:45.2; 2. Canton, 1:47.5; 3. Northville, 1:49.5; 4. Stevenson, 1:50.4; 5. Hamilton, 1:51.5; 6. Churchill, 1:53.1; 7. John Glenn, 1:55.2; 8. Farmington, 1:59.0.

1,600 relay: 1. Lana Boroditsch (Canton), 5:13.3; 2. A.J. Korkin (Stevenson), 5:17.2; 3. Jenny Ray (Western), 5:18.7; 4. Emily Shively (N. Farmington), 5:20.1; 5. Bridget MacKinnon (Stevenson), 5:21.5; 6. Laura McWilliams (Canton), 5:33.5; 7. Karen Bourdieu (Salem), 5:35.5; 8. Rachel Loebe (Northville), 5:40.2.

400 dash: 1. Tonya Wheeler (Salem), 51.93 (meet record); 2. Sarah Hamilton (Salem), 51.93; 3. Heather Burcar (N. Farmington), 52.01; 4. Emily Shively (N. Farmington), 52.01; 5. Adrienne Browne (Northville), 53.35; 6. Tracy Carver (Canton), 53.35; 7. Meghan Barnes (Canton), 53.35; 8. Sarah Luperus (Salem), 53.35.

400 relay: 1. Canton (Becky Bockstanz, Olive Bush, Shawn Chapman and Ndu Okwumabua), 50.9; 2. Salem, 50.9; 3. Northville, 51.4; 4. Stevenson, 51.9; 5. Churchill, 53.3; 6. Farmington, 54.0; 7. N. Farmington, 54.3; 8. Franklin, 55.7.

400 hurdles: 1. Stacy Prais (Stevenson), 47.7; 2. Sarah Makins (Salem), 48.0; 3. Courtney Sheldon (Salem), 48.0; 4. Katie Vapola (Canton), 49.0; 5. Kim Sheldon (Salem), 49.3; 6. Angela Fountain (Canton), 49.5; 7. Jeannette Staszewski (Stevenson), 49.7; 8. Shawn Chapman (Canton), 50.0.

800 relay: 1. April Boyce (Western), 2:23.1; 2. Kasey Kautzer (N. Farmington), 2:23.1; 3. Kelly Stanek (Salem), 2:23.1; 4. Christie Barton (Canton), 2:26.0; 5. Lynde Seabright (Salem), 2:27.8; 6. Laura Wilson (Canton), 2:27.8; 7. Laura Brown (Northville), 2:31.1; 8. Kelly Prais (Stevenson), 2:31.2.

2,200 relay: 1. Sarah Hamilton (Salem), 25.3; 2. Olive Bush (Canton), 25.3; 3. Heather Bond (Church), 27.1; 4. Heather Burcar (N. Farmington), 27.3; 5. Becky Bockstanz (Canton), 27.4; 6. Tonya Wheeler (Salem), 27.5; 7. Maria Factor (Salem), 27.5; 8. Michelle Beaver (N. Farmington), 28.4.

2,200 relay: 1. A.J. Korkin (Stevenson), 11:21.4; 2. Emily Shively (N. Farmington), 11:33.3; 3. Bridget MacKinnon (Stevenson), 11:35.4; 4. Lana Boroditsch (Canton), 11:40.0; 5. Adrienne Browne (Northville), 11:55.6; 6. Lynn Korkin (Stevenson), 12:18.2; 7. Laura McWilliams (Canton), 12:21.5; 8. Emily Prais (Salem), 12:28.4.

1,600 relay: 1. Salem (Tonya Wheeler, Sarah Hamilton, Courtney Sheldon and Stacy Witthoff), 4:06.2; 2. Western, 4:10.3; 3. Canton, 4:12.5; 4. Northville, 4:14.9; 5. Stevenson, 4:15.7; 6. Farmington, 4:17.9; 7. Farmington, 4:17.9; 8. Farmington, no time available.

WLAA meet from page 1C

lem is just so strong when it comes to the 400 on up. You're running right into the strength of their team."

"We're confident once we get to the 400 dash that we can put some heavy numbers and we did," Gregor said. "The 400 dash, 800 hurdles and 800 run have carried us the last few years, and we're pretty confident when we get there we'll do well."

Senior Tonya Wheeler and sophomore Sarah Hamilton were key players in the Salem victory.

Whether won the 400 with a meet-record time of 57.9 and was sixth in the 200. Hamilton was first in the 200 and second in the 400. Both helped the Rocks win the 800 and 1,600 relays, also.

"Sarah is the heir apparent to the track queen around here (Wheeler), and she's a worthy athlete to pass that title along to," Gregor said.

Salem junior Sarah Makins won the 100 hurdles, and the Rocks also got first in the 3,200 relay. Stacy Witthoff and Courtney

Sheldon were on the 3,200 and 1,600 relay teams, too.

"Sarah Makins has become one of the elite hurdlers in the state in the 100s," Gregor said. "I think she can go faster, and that could mean some points in the state meet."

"That would be nice because she's such a hard worker and an enjoyable young lady. You like to see good things happen to those kids."

Canton junior Ndu Okwumabua set a meet record with a winning high jump of five feet/four inches, won the 100 dash anchored the winning 400 relay.

"Ndu was tremendous. She had a great, great day," Przygodski said. "We talked about stepping up to the next level, and Ndu certainly has done that this year."

The Chiefs also had first places from Selma Bastine in the discus and Lana Boroditsch in the 1,600.

Stevenson had two winners and both ran impressive races in the finals. Stacy Prais edged Makins in the 300 hurdles, and A.J. Korkin ran away from the field in the 3,200.

Korkin ran 11:21.4 to finish ahead of such fine runners as North Farmington's Emily Shively, teammate Bridget MacKinnon and Boroditsch.

"Eleven-forty is as fast as (Boroditsch) has ever run," Przygodski said. "Korkin is just a tremendous runner and so are Shively and MacKinnon. You run 11:40 and finish fourth; what does that say about the level of competition?"

The other winners were April Boyce, Western (800); Wendy Foster, Northville (long jump); and Lisa Ranney, Westland Glenn (shot put).

THE WEEK AHEAD

PREP BOYS TRACK
Tuesday, June 1
Western Lakes Activities Assoc. Meet at Liv. Churchill, 3:30 p.m. (Red), 5:15 p.m. (green), 7 p.m. (blue).

PREP GIRLS SOCCER
Wednesday, June 2
(Class A regional at Northville)
W.L. Central district champ vs. Dearborn district champ, 5:30 p.m.
Southfield high district champ vs. Ann Arbor district champ, 7:30 p.m.
Saturday, June 5
Regional final at Northville, 1 p.m.

PREP SOFTBALL
(State practice)
Dearborn at Westland Glenn, 3:30 p.m.
Liv. Franklin at Plymouth Canton, 4 p.m.
Liv. Churchill at Plymouth Canton, (at Southfield Civic Center)
Farm. Mercy vs. Southfield, 4 p.m.
N. Farmington vs. Farmington, 6 p.m. (at Plymouth's Massey Field)
Liv. Westland vs. Det. Dominican, 4 p.m.

PREP BASEBALL
(State practice)
Tuesday, June 1
Westland Glenn at Dearborn, 3:30 p.m.

Liv. Churchill at Plymouth Canton, 4 p.m.
Farm. Mercy at Southfield, 4 p.m.
Divine Child at Red. Thurston, 4 p.m.
Liv. Westland at O.L. St. Mary, 4 p.m.

Pre-Season
AIR CONDITIONING
UP TO
REBATE \$700
...BONUS...
Night Set Back Thermostat
with all orders
Financing Available
TRU TEMP
Heating & Cooling
Garden City 437-0212
Canton Twp. 1-800-955-TEMP
Carrier Model 38TK018
We're the made Guy!

THE CARRIER CASH CRAZE!
Now when you buy a Carrier Infinity high-efficiency gas furnace, a Carrier 38TR 12SEER air conditioner, air cleaner, and humidifier, you'll receive as much as \$400 cash back from Carrier. Plus up to \$300 from local utility companies.
No matter what the weather, you'll enjoy year-round comfort and instant savings with a Carrier system. Plus, rest assured your equipment is covered by a complete 10 year parts warranty.
Carrier
LEADERSHIP DEALER
BERGSTROM'S
plumbing • heating • cooling
89633 Schoolcraft, Livonia
(Between Warren and Middlebelt)
HOURS: MON-FRI 7:30-6 SAT 9-5
522-1350

PRO GOLF DISCOUNT
at West Bloomfield
GRAND OPENING SALE
Month Long Celebration
New Sale Items
Each Week
FootJoy Sta-Sof II Leather Golf Glove \$7.99
Factory Seconds Full Warranty
Extensive Women's Section of Clubs, Bags, Clothing & more
\$5 GIFT CERTIFICATE
With This Ad (except balls and gloves)
539-0540 • 33080 Northwestern Hwy. at Orchard Lk. Rd.
Monday-Friday: 10:00-6:00
Saturday: 10:00-5:00 • Sunday: 11:00-4:00

LAKES AREA YOUTH SOCCER LEAGUE
• BOYS • • GIRLS •
Ages 6 to 18 years old
The Lakes Area Youth Soccer League will hold registration for the 1993 Fall season at the Abbot Middle School on Orchard Lake Road at Commerce Road:
THURSDAY, JUNE 3, 1993, 7:30 p.m.-8:00 p.m.
AND
SATURDAY, JUNE 5, 1993, 10:00 a.m.-1:00 p.m.
This program is for boys and girls ages 6 through 18 years old whose birthday is 1987 or earlier. Proof of age is required for players new to the league and a social security number is required. For more information call 738-5205.
FEE: \$37
Extra registration forms for mail are available at:
• Walled Lake Community Education, Walled Lake Jr. High, Pontiac Trail near Maple
• West Bloomfield Community Education, Orchard Lake Middle School, Orchard Lk. North of Maple
• West Bloomfield Parks & Recreation, Middlebelt North of Long Lake

5,000 BABIES HAD THEIR FIRST DRINK BEFORE THEY WERE BORN
The Arc
DETROIT
Last year more than 5,000 babies were born in Pontiac-Arc-Sylvania because their mothers drank alcohol during pregnancy. Babies born with FAS will have mental retardation or learn problems the rest of their lives. If you're pregnant or think you might be, PLEASE don't drink. For information, call The Arc today.
831-0202

SALEM LUMBER KITCHEN & BATH SHOPPE
30650 Plymouth Rd. • Livonia • 422-1000
wood deck kits
10x12 ft. \$290⁹²
2x6 treated Y. Pine 40 Includes: 2x6 top, beams & joists with 6" x 4x4" posts
8' Peeler Cores 3"x5" treated shade light green \$33 ea.
Store & Shed Hours Mon. thru Sat. 8 a.m. to 5:45 p.m. Sunday 10 a.m. to 3:45 p.m. Prices Effective thru June 6, 1993
Corrugated Fiberglass 3 oz. Panels
25' x 8' \$5 ea.
Choice of White, Green or Clear Heavy 4.0 lb. in White Only 25' x 96" @ \$12 25' x 120" @ \$12
8'x8' BARN
Includes: 5 Barn Trusses • Assembled • Shingles • 3/4" Thick Floor 7/16 T111 8" o.c. primed siding \$439⁵⁰ plus tax
Other Stocked Sizes 8x10 9x12 10x10 10x12 Delivery Extra