

J-R Sports

N-O League Wrestling Preview

Area mat fans should get a quick indicator as to how this season's Niagara-Orleans wrestling title race will go when four-time defending champion Newfane visits Medina in the league opener on December 21.

Newfane, which has posted perfect 6-0 N-O dual match records in claiming the title each of the past four years, returns a veteran laden squad as does Medina, which is seeking its first wrestling crown since 1981.

"It's a nice team. We have a lot of experience and I'm excited about the season," said Medina Coach Mike Crandall who, in pointing to Newfane as a top contender, terms the N-O League "one of the toughest in Section VI."

Here's a capsule look at the seven N-O teams as they prep for the season,

which will conclude with the league tournament on February 11 at Starpoint followed by the return of team class sectional competition on February 17-18 with the Class B-2 meet slated for Albion and the Class C meet at Newfane.

Medina Mustangs

After posting a 2-4 N-O record last year with an underclassmen dominated squad, Medina has no less than 11 wrestlers back with varsity experience to key the Mustangs' quest for a title.

Senior Eric Vaughn (167), who captured N-O and Section VI 155 lb. titles and went on to place sixth in the state meet, heads the Mustangs veteran contingent. Medina's all-time career leader with 131 wins, Vaughn compiled a 35-4 record a year ago.

The Mustangs also return seniors Jeremy Beatty (145), Moses Bennett (126), Marcus Guy (167), Brennan Kwiatkowski (215), Courtney Sevinski (132) and Brian Wilson (167) along with junior Carey Hyde (145), sophomores Demetrius Bennett (155) and Chris Spearin (138) and freshman Jamie Duffina (119).

Duffina posted a 25-6 record last year and finished second in the N-O tourney while Demetrius Bennett, Wilson, Guy and Kwiatkowski all had third place finishes.

The MHS lineup also includes junior Tim Costich; sophomores Dan Marcinia, Steve Miller, Tim Miller, Van Morgott, Paul Morrow, Quincy Newman and Jared Streiff; freshmen William Ames, Matt Caldwell, Justin Cecchini, Dan Costich, Chris Grimm, Jason Huber, Ryan Nolan, Ernest Ribbeck Jr., Robert Ribbeck, Brennan Riches, James Russo, Joe Sands and Delmus Tanner and eighth graders Jason Hyde, Jason Spearin, Chris Stalker and Brandon Taylor.

Schedule

December: 16-17 at Walton Tournament, 20 Attica, 21 Newfane, 29 MHS Tournament.
January: 4 at Albion, 6-7 at Officials Tournament, 10 Perry, 18 Starpoint, 20 at Sweet Home, 25 at Wilson, 27-28 at Sweet Home Tournament.

February: 1 at Roy-Hart, 4 at Ken-Ton Tournament, 8 Akron.

Albion Purple Eagles

Albion, which has finished second to Newfane in the final N-O standings each of the past four years, compiling 5-1 records the past three seasons, was hit hard by graduation.

The Purple Eagles lineup is anchored by the veteran quartet of seniors Mike Moss (126-132) and Chad Wilson (155-167) along with sophomores Eric Flugel (98-105) and Eric Bannister (167-177).

Flugel won the N-O 98 lb. title last year while compiling a 29-5 overall record. In earning second place finishes, Moss posted a 23-10 record and Wilson a 25-12 mark.

The Purple Eagles freshman and sophomore dominated squad is also counting on junior Joel Nowatchik (167-177), sophomore Tim Uderitz (91-98) and freshman B.J. Aina (112-119).

"We're a young team," said Coach Keith Piccirilli, whose teams have posted 13 straight winning seasons. "We need some time to rebuild and what we lack now is experience in the practice room," he added.

Schedule

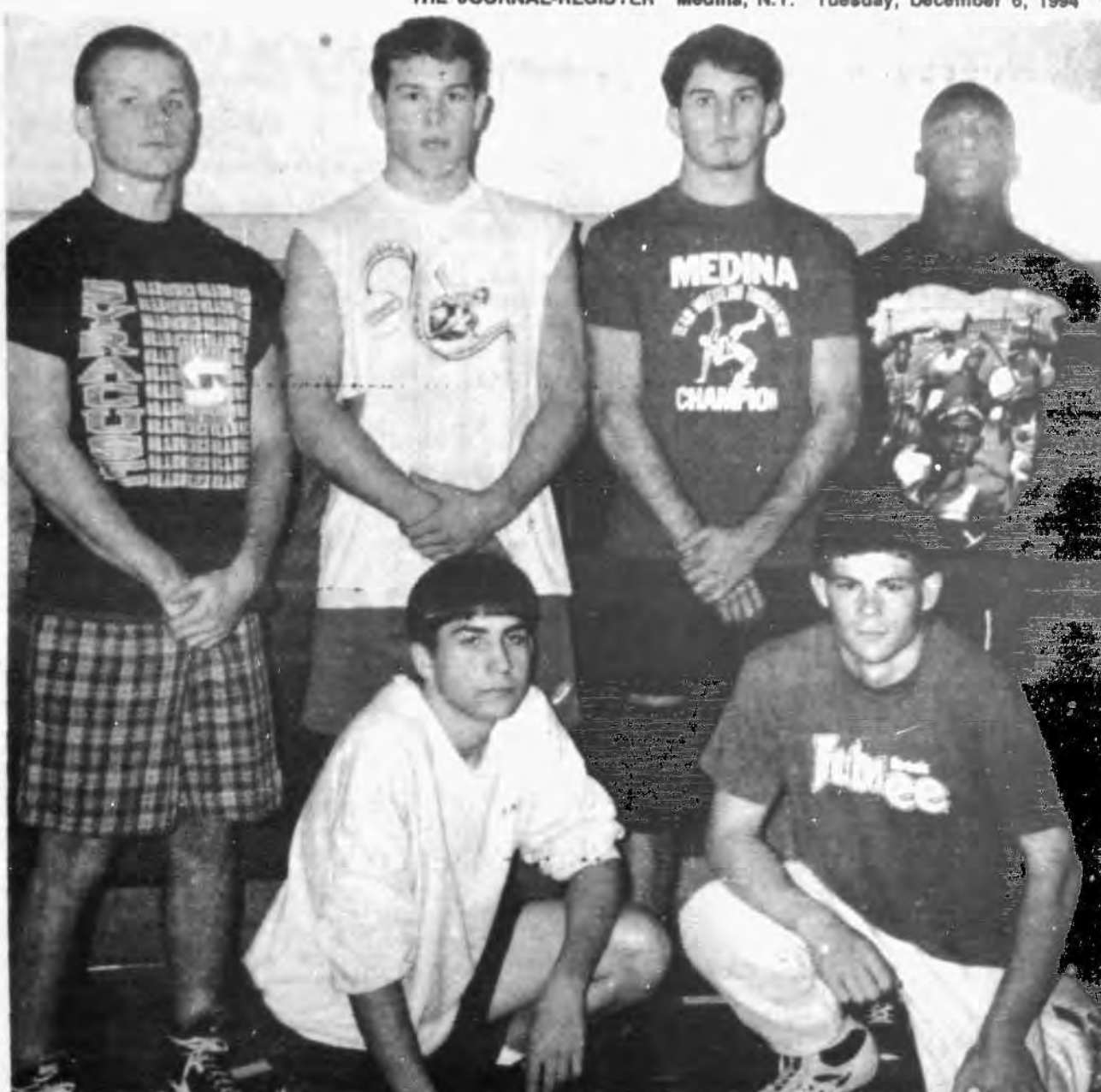
December: 7 Attica, 8 at Kendall, 21 at Akron, 22 at Lockport, 28-29 at Spencerport Tournament.

January: 4 at Medina, 7 at Victor Tournament, 11 Wilson, 12 at Tonawanda, 18 Newfane, 25 at Roy-Hart, 27-28 at Sweet Home Tournament.

February: 1 at Starpoint, 4 at Salamanca Tournament.

Roy-Hart Rams

Looking to improve on last year's 1-4-1 league record, Roy-Hart's squad is led by two defending N-O champions, sophomore Frank Palisano (119), and freshman Brock Menzel (98), as well as by junior Erik Guild, an N-O champ and an 8th grader and a freshman, who was injured most of last year.



Getting set to make a strong run at the Niagara-Orleans League title this season, the Medina High varsity wrestling squad returns a strong contingent of veterans. In front are Jamie Duffina and Chris Spearin. In back are Carey Hyde, Eric Vaughn, Jeremy Beatty and Demetrius Bennett. (J-R Photos By Mike Wertman)

man, who was injured most of last year.

Guild has a career record of 73-15, Palisano 53-16 and Menzel 16-10.

The Rams lineup also includes seniors Jason Trombley (112), Steve Sturtevant (145), Don Sage (250), Mike Morgan (167-177) and Tony Janda (155-167) a transfer student from North Tonawanda, along with junior Mike Reading, sophomore Jared Ander (167-177), freshmen Jeff Massaro (119) and Tom Marchiole (98-105) and eighth grader Bill Bernard (145).

"We've got small numbers but we're pretty solid in the lower weights and we should be very competitive if we can keep everybody healthy," said Coach Joe Massaro.

Schedule

December: 9 West Seneca West, 16-17 at Southern Tier Tournament, 20 at Tonawanda, 22 Wilson, 30 at Lake Shore.

January: 6-7 at Officials Tournament, 11 at Starpoint, 13-14 at Hilton Tournament, 18 at Akron, 20-21 at Lockport Tournament, 25 Albion, 27 Kenmore East.

February: 1 Medina, 3-4 at Lew-Port Tournament, 8 at Newfane.

Newfane Panthers

A trio of defending N-O champions in junior Keith Jones (132), senior Tom McCabe (155) and junior Dan Rafferty (177) anchor the lineup for Newfane's title defense.

The Panthers also return senior Jeremy Wilson (138), who finished second in the N-O tourney, along with

a trio of third place finishers in sophomore Mike Brown (98), junior Andy Gillings (119) and senior Shawn Cleveley (112).

The Newfane lineup also has seniors Shaun Heschke (105), Nick Adinolfi (132), Zach Williams (167) and John Jennings (126); juniors Eric Olivero (132) and Nathan Dold (250); sophomores Erick Gunio (105), Jay Olivero (112), Mark Brown (119), Mike Adinolfi (126), Mike Jennings (132), Charlie Henderson (155), Jason Swanson (215) and Chris Say (215); freshmen Gary Holtzman (91), Jim Quarantillo (91), Brian Wise (98), Adam Babcock (167), Mark Cocco (250) and 8th grader Ray Needle (119).

"The kids know that to repeat gets harder every time so they can't sit back and be complacent," said Coach Doug Ames. "They have something to prove and they want to win a fifth one."

Starpoint Spartans

Small numbers and injuries are causing woes for Starpoint, which went 0-6 in the league last year.

Senior Travis Gorman (132), who placed third in the league, along with junior Adam Stom (119-126) and senior Jim Leuer (111-119) head the lineup for the Spartans, who also have a promising 8th grader in Eric Coleman.

"It's a young team and I'm looking forward to seeing how well this group can do in a couple of year," said Spar-

tan Coach and Starpoint graduate Joe Finley.

Wilson Lakemen

Mike McAvoy is taking over the Wilson coaching reins on an interim basis this season for Ed Damiani who is recovering from surgery.

The Lakemen, who went 4-2 a year ago, were hit hard by graduation and have a young freshmen dominated team.

Junior Ben Faery (167), who placed third in the league last year, and freshman Matt O'Connor (105) lead the squad.

Akron Tigers

"We have kind of a blend of youth and experience," said Akron Coach Jerry Drayer who declined to single out any members of the Tigers squad. Akron went 2-3-1 in the league a year ago.

N-O Wrestling Schedule

December 21: Newfane at Medina, Wilson at Roy-Hart, Albion at Akron.
January 4: Newfane at Wilson, Medina at Albion, Akron at Starpoint.
January 11: Akron at Newfane, Roy-Hart at Starpoint, Wilson at Albion.
January 18: Newfane at Albion, Starpoint at Medina, Roy-Hart at Akron.
January 25: Starpoint at Newfane, Albion at Roy-Hart, Medina at Wilson.
February 1: Albion at Starpoint, Wilson at Akron, Medina at Roy-Hart.
February 8: Roy-Hart at Newfane, Akron at Medina, Starpoint at Wilson.



Anchoring the lineup for Albion is this trio of veterans. In front is Eric Flugel. Standing are Chad Wilson and Mike Moss.

Roy-Hart Senior Lineman Earns First Team All-WNY Grid Honors

Roy-Hart senior Chris Hildebrandt has been named to the first team of the All-Western New York football squad.

Hildebrandt a 6-5, 240 lb. tackle, was a two way starter for Roy-Hart. Offensively, he led the way for the Rams ground attack as 13 of the team's 15 rushing touchdowns came behind his blocks.

Roy-Hart running back/linebacker Jim Heideman was named to the second team while Rams' lineman Matt Iak, also a senior, was an honorable mention selection.

Albion placed a quartet of players on the second team including quarterback Kevin Babcock, running back George Blackmon, receiver Ken Patterson and lineman Matt Harrington. The Purple Eagles also had end/defensive back Chris Knight receive honorable mention.

Two Medina seniors, running back Eric Vaughn and defensive back Marcell King, also received honorable mention.

Two Wilson players, sophomore running back David Schmidli and junior linebacker Ben Faery, earned second team honors.

Babcock completed 61 of 103 passes this season for 1,006 yards and 9 touchdowns with only one interception.

Blackmon rushed for 971 yards and scored 10 touchdowns while Patterson caught 25 passes for 497 yards and scored 11 touchdowns.



Chris Hildebrandt

Vaughn led Medina with 772 yards rushing and 6 touchdowns.

Grab Bag

FOOTBALL

DENVER (AP) — John Elway's left knee injury isn't as serious as first thought, and the Denver quarterback intends to play Sunday against the Los Angeles Raiders.



Serving as team co-captains for Roy-Hart this senior are Erik Guild and Frank Palisano.

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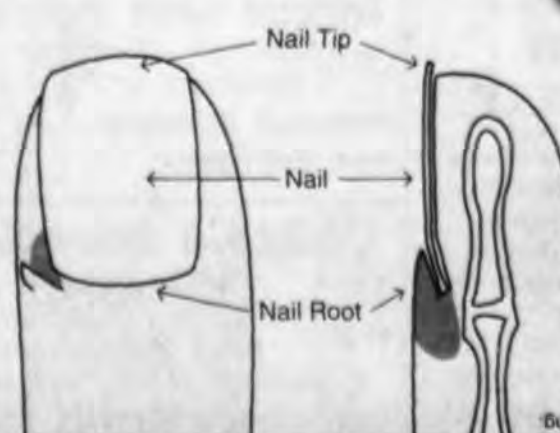
Dear Brandon,
This is going to sound weird, OK? Nails are made out of the same thing as steering wheels — sort of. In the 1930s Henry Ford started making plastic steering wheels out of the protein in soy beans. In a way, your body does the very same thing.

Nails are made from the protein keratin — and the building blocks for

it have to come from plants. By the way, nails are made out of the same stuff as horse hooves, bird talons and feathers, bull horns, bear claws and hair.

Your nails grow a lot like hair. They grow from a nail root that is under the end of your nails. This is the only part of your nails that is alive. The part that shows is dead. That's why it doesn't hurt to cut them. But when you get a hangnail, you've accidentally opened up the edge of the living nail root. And, YOW — it hurts!

The next time you trim your nails, examine the clippings closely. If you have a microscope at school, You Can see the protein fibers. Try to pull a clipping apart. The proteins are so strong you'll probably have to twist and tear it in two.



keratin
All proteins are very complicated molecules. They're big and strong, and our bodies use them like building blocks. Proteins are a part of just about everything in our bodies. The weird thing about protein is we can't get the parts to make it without plants. Proteins are made out of amino acids, and no animal can make amino acids for itself. These ingredients must come from eating a plant or eating another animal that has eaten a plant.