

CRANFORD COUGAR HIGH SCHOOL SPORTS

HELMSTETTER, GIACCIO, PETGRAVE WIN KEY BOUTS

Cougar Matmen Hold Down Westfield Blue Devils, 42-22

By DAVID B. CORBIN
Specially Written for The Westfield Leader and The Times

Many key match-ups had to go their way if the Westfield High School wrestling team wanted to pull a mild upset over the strong Cranford Cougars in Westfield on January 29. Both teams' head coaches juggled their bouts like a chess match, and in the end, the 12-4 Cougars came up with a 42-22 victory.

The Cougars were awarded forfeits in the first and final scheduled weight classes with heavyweight Joe Brady and Julian Campo at 215 lbs, respectively, but the 3-7 Blue Devils won the first head-to-head bout when Austin Slifer converted a slick duck-under takedown to a half nelson to pin Diego Castro in 1:47 at 103 lbs.

The big upset of the evening came in the next bout at 112 lbs. Blue Devil

Mike Kalimtzis, who had just become the Union County Tournament (UCT) 103-lb champion, scored a double-leg, spin-around takedown on Mike Helmstetter, who then escaped and added an alert lateral drop takedown with three seconds left in the first period. Helmstetter gained three points with a Saturday Night Ride nearfall, but Kalimtzis escaped and added a duck-under takedown. In the third period, Kalimtzis dropped under for a double-leg takedown attempt, but Helmstetter hipped forward with a walkover to a front double grapevine pin in 4:13.

"You got to give that kid credit. Mike didn't clear his arm on his shot, and he took advantage," Blue Devil Head Coach Glen Kurz said.

"People don't know about Mike, because he is behind Ian (Henry) and

Joe (Giaccio) in the lineup. He's like our best-kept secret. Maybe after this, people will know who he is," Cougar Head Coach Darren Torsone said. "He is a smart wrestler. He's great with his hips. In that match, he used his hips two times in key moments, and it helped him out."

Leading 4-0, Cougar Ian Henry hit Anthony Aidana with a barrel roll takedown and added a Jimmy John nearfall to grab a 9-1, majority decision at 119 lbs.

The next key bout arrived when Cougar Joe Giaccio, the UCT 112-lb champ, jumped up to 125 lbs to meet Troy Skibitsky. Giaccio scored a low-single takedown and an escape to carry a 3-0 lead into the third period. Skibitsky escaped and attempted a takedown, but Giaccio countered with

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David B. Corbin for The Westfield Leader and The Times
MAKING HIS MOVE TO THE BASKET... Cougar senior guard Nick Pace, No. 10, drives to the basket and sinks the game-winning lay-up at the buzzer. The Cougars defeated the Hillside Comets 56-54 on January 26.

PACE SINKS WINNER AT BUZZER, GROSS NETS 21 PTS

Cougar Basketball Boys Ice Comets at the Buzzer, 56-54

By DAVID B. CORBIN
Specially Written for The Westfield Leader and The Times

Senior guard Nick Pace made the right decision and drove to the basket to roll in a lay-up at the buzzer, giving the Cranford High School boys basketball team a 56-54 victory over the Hillside Comets in Cranford on January 26.

Thievery was the name of the game, however, as both teams posted double figures in steals. The 8-3 Cougars committed 18 acts of theft, and junior guard Sean Trotter reaped a career-high six steals, while scoring six points, including a 3-pointer, dishing out six assists and making one block. Pace, who bucketed seven points, in-

cluding a 3-pointer, had a pair of steals himself.

"We knew that, if we put pressure on them, we could steal the ball from them and get some turnovers. We kept on trying to pressure them and trapping them in the corner, and it worked," said Pace, who also had three assists and two rebounds.

Sophomore forward Chris Gross led all scorers with 21 points. He hit eight of 16 from the field and all five of his free throws. Additionally, Gross had two offensive rebounds, an assist, a blocked shot and four thefts.

"He has been playing well the last couple of weeks. He has been stepping up big for us. We need him to score every game to win, and he did today," Pace said.

The Cougars scored the first four

points of the game, but the Comets went on a 14-0 streak until senior center Will Green got the Cougars out of the wicked skid by drawing a foul, hitting both free throws and following with a lay-up. Next, Trotter drove to the basket, scored the lay-up, drew the foul and sank the free throw, but the Comets won the quarter, 18-13. Green finished the game with 10 points, seven rebounds, two steals and an assist. Senior guard Greg Goode, who finished with two assists and two steals, hit a jumper in the quarter.

The 6-8 Comets also won the second quarter, 11-9, to take a 29-22, halftime lead. Green sank a pair of free throws and a lay-up. Gross rolled

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David B. Corbin for The Westfield Leader and The Times
WORKING ON A SINGLE-LEG TAKEDOWN... Cougar Joe Giaccio, left, works a single-leg takedown on Blue Devil Troy Skibitsky. Giaccio jumped up to the 125-lb class and defeated Skibitsky, 5-1.

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Dental Update
by Kenneth W. Arida, D.D.S.
Family & Cosmetic Dentistry

CLEANING DENTURES

Dentures may be "false teeth," but they still must be cleaned the same way that natural teeth are. As with real teeth, dentures are subject to buildups of sticky plaque, which poses the threat of infection and inflammation for gums. With this in mind, denture wearers are strongly urged to either brush their prosthetic teeth or soak them in cleaning solution. Arguably, the best cleaning method is brushing with toothpaste. However, for those who experience difficulty brushing their dentures effectively, soaking can remove as much plaque as brushing. For a short soak of about 15 minutes, enzymatic and effervescent solutions are probably equally effective at removing plaque. For longer soaks (up to eight hours), enzyme denture-cleaning solutions may be preferable.

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