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TAKING A QUICK GLANCE...Cougar Matt DiGiovanni, top, takes a quick glance at the ref during his 145-lb bout with Blue Devil Troy Skibitsky. DiGiovanni won, 7-1.



ARCHING OUT TO GET THE PIN...Blue Devil Brendan Currie, top, arches to apply more pressure on Cougar Ryan Espuga in the 103-lb bout. Currie pinned Espuga in 1:47.

## Cranford Cougars Shock Westfield Blue Devils in Wrestling Showdown, 38-24

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Head Coach Glen Kurz said. Blue Devil heavyweight Kyle Kania did the expected with a 3:52 fall over Ryan Farrell when he turned him with a three-quarter nelson. The Blue Devils increased their team lead to 21-4 when Brendan Currie pinned Ryan Espuga with a wristlock and

half nelson in 1:47 at 103-lbs. The stunner came next! Undefeated Blue Devil Mike Kalimtzis, a Union County and District 12 champion at 103-lbs last year, bumped up to 112-lbs to face Mike Helmstetter, who had defeated him in a dual match last year. Kalimtzis turned Helmstetter to

his back with a wristlock/half nelson, but Helmstetter threw a hard bridge and turned the tables for a four-point move. In the third period, Helmstetter controlled Kalimtzis from the top position and added a penalty point to win, 5-3.

"He and I have a long history together, so we have been going back and forth. It was a really close match right up to the end," Helmstetter said. "He caught me on my back then I used all the strength I could so I could bridge and flip him over right to his back. Coach said I'm doing well riding the guy out, so I stuck with that."

"We knew that was going to be a big match. He [Kalimtzis] wrestled tough. I think it is just a clash in styles," Coach Torsone said.

"He had the kid on his back. That's a nine-point swing, but it wouldn't have mattered. As a team, we didn't show up today," Coach Kurz said. "No heart! No fire! No enthusiasm! Making such dumb mistakes!"

The very next bout proved that the tide had shifted to the Cougars, when Cory Birch took Nick Velez straight to the mats and clamped him in a cradle in 33 seconds at 119-lbs.

At 125-lbs, Cougar Joe Giaccio picked up his 102nd career win with a tight waist stack pin in 43 seconds over Anthony Aldano. Cougar Ian Henry followed with a 3:15, head smother fall over Pat Currie at 130-lbs, and Kyle Markovitch scored a takedown in the final second to claim

a 9-1, majority decision over Nick Rotundo at 135-lbs to give the Cougars a 29-21 lead.

Blue Devil Ellis Opoku slowed down the bleeding with a 3-0 win over Eric Knight at 140-lbs, but Cougar Matt DiGiovanni recorded three takedowns and an escape to earn a 7-1 decision over Troy Skibitsky at 145-lbs. Down 32-24 with two bouts remaining, the Blue Devils still had an outside chance of pulling out the team victory, but Cougar Jim Dwyer scored an escape in the third period to eke out a 1-0 decision over Colin Barber at 152-lbs.

"Jimmy seemed like he wanted it out there on the mat today. He went out there and showed a lot of heart, a lot of guts. He went after him. He didn't back down," Coach Torsone said.

In the final bout at 160-lbs, Corey Markovitch scored five points in the third period to grab an 11-6 decision over Blue Devil Brian Bulger.

"The swing bouts were obviously Mike Helmstetter and Cory Birch getting a pin for us. Getting bonus points as a freshman in a big match like this was huge. There were a lot of swing bouts, and tonight we won the

ones that could have gone in their favor."

**BOUT SEQUENCE:**

- 171: — Ch. Barber (W) p Kessler, 3:46
- 189: — Christiano (C) md DeLouisa, 11-0
- 215: — Cline (W) d El-Khoury, 4-0
- Hwt: — Kania (W) p Farrell, 3:52
- 103: — M. Currie (W) p Espuga, 1:47
- 112: — Helmstetter (C) d Kalimtzis, 5-3
- 119: — Birch (C) p Velez, 0:33
- 125: — Giaccio (C) p Aldano, 0:43
- 130: — Henry (C) p P. Currie, 3:15
- 135: — K. Markovitch (C) md Rotundo, 9-1
- 140: — Opoku (W) d Knight, 3-0
- 145: — DiGiovanni (C) d Skibitsky, 7-1
- 152: — Dwyer (C) d Co. Barber, 1-0
- 160: — C. Markovitch (C) d Bulger, 11-6

## Cougar Matmen Top Clifton, Fall to Hackettstown, 40-32

The Cranford High School wrestling team nipped Clifton, 35-32, and fell to Hackettstown, 40-32, in a Quad match in Cranford on January 8.

- HACKETTSTOWN 40, CRANFORD 32**
- 103: Tony Figueroa (H) p Ryan Espuga, :10
  - 112: Ryan Nicotra (H) p Mike Helmstetter, 1:06
  - 119: Corey Birch (Cr) p Khilian Bernard, 2:43
  - 125: Joe Giaccio (Cr) p Tyler Mercurio, :22
  - 130: Brandon Rothman (H) d Ian Henry, 9-4
  - 135: Kyle Markovitch (Cr) md Jordan Perrine, 9-1
  - 140: Rob Napolitano (H) d Eric Knight, 6-4
  - 145: Matt DiGiovanni (Cr) p Matt Malejko, 5:23
  - 152: Jason Rothman (H) md Jim Dwyer, 14-0
  - 160: Corey Markovitch (Cr) md Jacob Deleasa, 15-5
  - 171: JP Christiano (Cr) p Rob McGeorge, 3:04
  - 189: Kyle Kathenes (H) p Rob Kessler, 1:09

- 215: Fred Jennings (H) p Jeff Weiss, 2:00
  - 285: Steve Giraldo (H) p Ryan Farrell, :33
- CRANFORD 35, CLIFTON 32**
- 103: Jean Dubois (Cl) p Espuga, :59
  - 112: Helmstetter (Cr) md Maurice Marsilla, 10-0
  - 119: Anthony DePasque (Cl) tf Birch, 4:27
  - 125: Giaccio (Cr) tf Ahmad Obeidallah, 3:36
  - 130: Henry (Cr) p Rich Naut, 2:41
  - 135: Markovitch (Cr) p Eynar Ledezma, 2:50
  - 140: Knight (Cr) d Francisco Jimenez, 9-2
  - 145: DiGiovanni (Cr) tf Aaron Millan, 2:32
  - 152: James Sonzogni (Cl) d Dwyer, 5-3
  - 160: C. Markovitch (Cr) d Orkan Karimov, 12-8
  - 171: Christiano (Cr) d Ahmad Bidas, 11-9
  - 189: Christian Castano (Cl) p Kessler, 2:26
  - 215: Edgar Ordonez (Cl) p Weiss, 5:08
  - 285: Farrell (Cr) p Tom Trommolen, 1:15

## \*\*\* Cranford Cougar Snacks: \*\*\*

### Cougar Matmen Beat Woodbridge, 38-25

The Cranford High School wrestling team defeated Woodbridge, 38-25, in Woodbridge on January 5. Joe Giaccio pinned Nick Carbanaro in 2:42 at 125-lbs. Ray El-Khoury pinned Andrew Visas in 2:15 at 189-lbs. Jimmy Dwyer pinned Brandon Griffin in 3:23 at 152-lbs. Heavyweight Ryan Farrell pinned John Alcott in 58 seconds.

Matt DiGiovanni recorded a 17-1, technical fall over Felipe Ramirez in 5:57 at 145-lbs. At 160-lbs, Corey Markovitch recorded a 13-0, majority decision over David Sandoval. Kyle Markovitch decisioned Allen Jordan, 7-1, at 135-lbs, and Rob Kessler won by decision over David Zboyan at 171-lbs.

### Cougar Cagers Stop Crusader Boys, 67-49

Senior guard Sean Trotter sank 26 points, including three 3-pointers, and sophomore forward Reggie Green put in 20 points and added eight rebounds to lead the 3-4 Cranford High School boys basketball team to a 67-49 victory over A.L. Johnson in Clark on January 8.

Senior guard Joe Papanarea scored five points and had seven assists, while adding seven rebounds and four steals. Mark Osofsky hit a pair of 3-pointers and Kurt Ruttmayer scored two points.

Cranford	16	14	8	11	49
A.L. Johnson	14	25	8	20	67

### Cougar Cagers Reject Lady Crusaders, 39-23

The Cranford High School girls basketball team improved to 4-2 with a 39-23 victory over A.L. Johnson in Cranford on January 4. Jess McCoy had a strong evening across the board with 12 points, seven rebounds and four steals. Sophomore forward Kate McGovern pumped in 10 points and added five rebounds and a pair of thefts. Morgan Miller had five points, Jenna Goeller had three points, Mairead McKeary had two and Aaron Wichelns added one point.

A.L. Johnson	3	0	9	11	23
Cranford	6	10	14	9	39

### Probitas Verus Honos

### Cougar Swimmers Rip Crusaders, 101-89

The Cranford High School swim team elevated its record to 9-0 with a 101-89 victory over A.L. Johnson on January 5.

- 200 medley relay: Cranford (Nick Kalafatis, Rob Lento, Eric Walano, Christian Woo) 1:52.44
- 200 free: Kalafatis (C) 57.91
- 200 IM: Anthony Triguero (J) 2:20.2
- 50 free: Walano (C) 23.71
- 100 fly: Walano (C) 59.68
- 100 free: Nick Venditto (J) 55.01
- 500 free: Kalafatis (C) 5:20.41
- 200 free relay: Cranford (Lento, Dmitriy Kotov, Kalafatis, Walano) 1:42.22
- 100 breast: Gabi Levine (J) 1:02.72
- 100 back: Triguero (J) 1:15.26
- 400 free relay: ALJ (Venditto, Anthony Pacheco, Dylan Rutter, Levine) 3:56.72

### Cougar Cagers Stifle Lady Vikings, 33-16

Sophomore guard Jess McCoy rolled in 13 points, and junior guard Morgan Miller sank seven points and added five rebounds, six steals and four assists as the 5-2 Cranford High School girls basketball team stifled 4-2 Union Catholic, 33-16, in Scotch Plains on January 6.

Sophomore Jenna Goeller had five points, while Mairead McKeary, Sara Gugliucci, Kate McGovern and Carly Maucione each added two points for the Lady Cougars. Jasmine Serrano led the Lady Vikings with seven points.

Cranford	12	7	6	8	33
Union Catholic	9	0	5	2	16



BREAKING HIM DOWN TO THE MAT...Cougar JP Christiano, top, covers the ankle and begins to take Blue Devil Mike Delusa to the mat in his 189-lb bout. Christiano won, 11-0.

### Cougar Icemen Chill Dayton Bulldogs, 6-0

The Cranford High School ice hockey team improved to 4-6 with a 6-0 shutout over the Jonathan Dayton Bulldogs at Warinanco Rink in Roselle on January 5. Jake Zimmerman notched two goals, and Tom Fitzgerald added a goal and three assists. Eric Pawlik and Cody Reiber also had goals.

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

**YOU KNOW THE DRILL! OR DO YOU?**

Many patients think that drilling away decay and filling cavities in teeth is an all-or-nothing matter. Those patients who hold this view may be surprised to learn that they have it in their power to reverse some instances of dental decay and avoid the drill entirely. The key point to remember is that regular dental checkups enable the dentist to identify tooth decay in its earliest stages. At this point, when the acid produced by bacteria-laden plaque has only partially penetrated the outer enamel surface, the damage can be reversed with better adherence to home oral care (brushing and flossing) and applications of fluoride that encourage calcium and phosphates in the saliva to "remineralize" the tooth surface.

Just as dental decay and gum disease are your teeth's worst enemies, routine brushing, flossing, and professional checkups are your teeth's best friends. Has it been so long since your last dental visit that you can't remember when it was? Then why not take charge of your dental health and call us at 908-654-6262 for an appointment. You'll find that nothing is more economical than regular professional attention to your oral hygiene. Committed to delivering the most current state-of-the-art care in a relaxed, friendly environment, we are centrally located in Westfield at 131 South Euclid Avenue, with plenty of free off-street parking available.

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