

St. Bart's Oldtimers Men's Softball League Results:

ANGELS DIVISION:
(As of May 18):

TEAM	W	L	Pct
St. Joseph	2	0	1.000
St. Michael	1	0	1.000
St. Patrick	0	0	.000
St. David	0	1	.000
St. Luke	0	1	.000

SAINTS DIVISION:

TEAM	W	L	Pct
St. Jude	2	0	1.000
St. Aloysius	1	0	1.000
St. Anthony	1	1	.500
St. Stephen	1	2	.333
St. Anne	0	2	.000

St. Jude 10, St. Anthony 2
Bruce Evans (3 hits, 3 RBI), Tom Ulichny (4 hits, 4 runs) and Joe DeChairo (2 hits, 2 RBI) led Jude. Jude pitcher Pete Vanderheyden was fluent. Bill Aumenta had two hits for Anthony.

St. David 14, St. Michael 14
Darkness halted the game. George Balint (3 hits, 4 RBI) led St. David. Bob Cihanowicz, Pete Costello, captain Dave Rothenberg, Tim Deegan, Chris Meehan, Nathan Mangiris and Matt Vastano had multi hits. Pat Nigro (5 RBI, 4 hits, HR) and Steve Abrunzo, Al Betau, captain Mike Jonny, Marv Scherb, Bob Cummo and John Reynolds with two hits each led Michael.

St. Luke 8, St. Patrick 8
Damon Roth (3 hits) and Kevin Spellman and Keith Gibbons (2 hits each) led Luke. Pats Paul Bifani, Marty Marks, Frank Pepe, Kevin St. Onge, Tony Blasi, Tom Kucin and Jack Kennedy had two hits or more.

St. Aloysius 18, St. Anne 12
Dan Nigro (3 hits, 3 RBI), John Esposito, Jason Fiore, Brian Mahoney, Steve Polak and Tom Rutkowski led St. Al. Joe DeRosa and Kevin Callahan (4 hits each), Chris Giordano (3 hits), and Lou Balestriere, Scott Curtis and Charlie Baier (2 hits each) led Anne.

St. Joseph 10, St. Stephen 9
St. Joe got eight runs in the fourth and one in the seventh to get the win. Pat Enright, Marty Bernstein, Bill Lyons, Lou Messano and pitcher Frank

Chupko sparked the Joes. Walt Patrylo, Harry Semple and Bob Camisa had at least two hits for the Steves.

St. Anthony 11, St. Stephen 8
Anthony plated three in the eighth. Steve Pirella (3 hits, 4 RBI), Scott Friedrichs (2 doubles, 3 runs) and Gus Alvarez (double, HR, 2 RBI) led Anthony. Tom McGill (4 hits, 2 RBI) and Harry Semple (2 hits, 3 RBI) led Steve.

St. Jude 9, St. Anne 6
Judes Tom Ulichny, Joe DeChairo, Bruce Evans and Phil Appelbaum had multi hits. Scott Curtis and Marty Garcia (3 hits each), and Ron Virgilio and Chris Giordano (2 hits each) led Anne.

St. Aloysius 12, St. Patrick 12
Mason Fiore (2 HRs, 4 RBI) and Mike Walch (4 hits, HR, 3 RBI) led Al. Monroy had 3 hits for the Pats.

St. Joseph 11, St. David 5
Infamous John Chupko was the sub-zup. For St. Joe, Marty Bernstein dazzled at second and Lou Messano, Dan Margolis and Don Rinaldo led the offense. George Balint had a single, double, HR and two RBI.

St. Michael 7, St. Luke 6
Tom Litterio, Kevin Woodring and Marv Scherb each had two hits for Mike. For St. Luke, Rick Regenthal and Bob Pielhau (3 hits each), and Damon Roth and Art Cassidy each had 2 hits for Luke.

For more league information, please visit www.stbartssoftball.com, Howard Bialos - webmaster.

WFs Greenfield Wins Gold in Gymnastics

Kelsey Greenfield of Westfield, who helped the Blue Devils win the Union County title and sectional title to qualify for the state finals for the first time since 2001, captured first place at the Jersey Optional Gymnastics Association (JOGA) Level A meet on May 7 at Devlin's Gym in Wall.

Kelsey finished first on uneven bars, first on balance beam, second on vault and took the overall championship with a combined score of 35.75.

Photo: Kelsey Greenfield in action during the JOGA Level A meet.



SCHOLAR-ATHLETES...Scotch Plains-Fanwood High School seniors Allie Zazzali, center, and Colin Campbell, second from right, in the top picture and Westfield High School seniors Luke Baron and Julie Shelman, below, represented their schools as Scholar-Athletes of the Year.



David B. Corbin for The Westfield Leader and The Times
PGA Golf instructor Derek McDonald

Golf Teaching Pro Discusses Proper Practice Techniques

By **DEREK MCDONALD**
Specially Written for The Westfield Leader and The Times

I spend a lot of time at the practice range giving lessons, so I get to see how people practice. I've noticed that most players' practice routines are very ineffective. The biggest mistakes I see are poor alignment and poor target awareness. Most golfers hit shots and don't watch the ball's flight, then they quickly reach for another ball and without aiming or looking at the target, hit another shot, receiving no feedback.

Here are some suggestions on how to help you get the most out of your practice time.

First of all, since golf is a game that requires the player to hit the ball a specific distance and direction, one must select a target. The target is the reason why you are swinging the golf club (the shot at hand). Put two clubs on the ground, one pointing to the target (target line) and one about a foot or so parallel to that club (stance line). Place the ball in between the clubs. As you address the ball aim the clubface to the target, and make sure your feet, hips, and shoulders are somewhat parallel to the clubs on the ground. Then take at least two looks at the target and hit the shot.

After every shot watch where the ball starts (this will tell you if you are swinging left, right or on target (on plane) and also watch how the ball curves (this will tell you if the clubface was open, closed or square at the moment of impact with the ball). Try to hold your finish position with your weight on the lead foot until the ball lands or stops.

It is important to watch the ball

flight, because it holds the answers to what happened during the swing. If the shot is not desirable, then you will make adjustments for the next shot, just as if you were throwing a basketball to a hoop. If you see the ball misses left, right, short or long you'll get the feedback you need to make the correct adjustments for the next throw. I hope these suggestions help you improve your game.

Derek McDonald is the PGA Teaching Professional at Echo Lake Country Club in Westfield. For instructions, please call (908) 232-4288



STARTING EARLY...This 1997 photo of Luke Baran and Julie Shelman in their Westfield Soccer uniforms shows they began their athletic pursuits very early. Julie has been recruited to play lacrosse at Villanova University next year and Luke has been recruited to play lacrosse at Harvard.

Union County 50+ Men's Softball League Standings:

50+ DIVISION 1 (AS OF MAY 19):

TEAM	W	L
Awnings Galore	4	0
Antone's Pub & Grill	2	2
American Legion	3	2
D&K Associates	3	3
KMD Tuning	2	2
Promptcare	2	4

50+ DIVISION 2:

TEAM	W	L
SMC	3	3
Associated Auto Parts	3	2
Northwest Mutual	3	2
The Office	2	3
Union Center National Bank	1	3

SUPER SENIORS DIVISION:

TEAM	W	L
Commerce Bank	3	0
Creative Industries	3	1
LA Law	1	3
Smith Barney	1	2
Associated Auto (Silver)	0	3

Boone, Dom Deo and Chuck Harrell (3 hits each) led Promptcare. Brown, Harrison, Reddick and Lee Black blasted the homers.

American Legion 18, UCNB 13
The Bankers belted 21 hits. Dan D'Arcy and Steve Kreamer cracked homers.

SMC 19, Associated Auto 15
Associated Auto produced 30 hits, led by Phil Fink, Jack Helfrich and Ron Horinko (4 hits each). Tom Hodge, Rich Krov and Don White added three hits apiece, while Paul Brody and Bernie DeFazio each contributed a couple of key hits.

Commerce Bank 19, LA LAW 16
Bob Lorincz lashed four hits, while Frank Tartaglione thumped homerun and had five RBI.

Creative 23, Associated Auto (Silver) 8
Creative exploded for 26 hits, sparked Demo Cervelli, Dom Deo, Bill Dougherty and Bob Failla (5 RBI) had three hits each. Jerry Lestardo and Tom Lombardi each contributed four RBI.

Northwestern 15, SMC 4
Bob Bierman, Ed McColgan, Rich Polinitza and Dennis Quigley had three hits apiece for Northwestern. Tom Romanowicz homered, while Bierman, Polinitza and Quigley each tripled.

KMD Tuning 25, Antone's 8
Promptcare 7, KMD 0 (Forfeit)
Associated Auto 7, D&K 0 (Forfeit)



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maryaliceryan@comcast.net



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