

Sports Briefs

Southington Youth Wrestling

Berlin Blast Tournament

JAN 8—The locals collected nine gold medals as Southington claimed the overall team title at the Berlin Blast youth wrestling tournament.

Calvin Leavitt won his division to lead the mighty mites. Ethan Vitti and Aiden Holton finished second.

Karter Henriksen placed

first overall to lead the bantam wrestlers.

Owen Huard, Andrew Kudla, Emmett Vitti, Caleb Brick, Ethan McDonough, Billy Carr, Nick Buonanni, and Lucas Gagnon claimed gold medals to lead the intermediates.

Cody Warren, Jack Ringrose, Dylan Rodriguez, Dawson Welch, Jackson Gilroy, Brycen Kennedy, and Mitchell Messina finished second overall. Connor Blanchette, Joshua Silva,

Joshua Konikowski, and Giancarlo Dominello finished third.

Joshua Vitti and David Armstrong led the novice wrestlers with third place titles, while Billy Konikowski claimed third place overall in his middle weight division.

Parks & Rec Mens Basketball

Over 35 Division

Thomson Financial 87,

Brown & Wimler 46

JAN 19—*Thomson (5-0)*: todd Martin scored 38 points, and Rob Thomson added 10 points.

B&W (0-5): Dave Rodriguez scored 12 points, and Chris Keene added 11 points.

Crystal Restoration 48, Southington Generals 25

JAN 19—*Crystal (5-0)*: Rick O'Neil scored 15 points, and Eric Kraemer added 12

points.

Generals (0-5): Alan Jagos scored 10 points in the loss.

The Fireplace 52, Domenic & Vinnies 45

JAN 19—*Fireplace (3-2)*: Jeff Kelly powered the offense with 21 points in the victory.

D&V (3-2): Brian Solomon scored 13 points, and Tom Horanzy added 12 points.

M&P Painting 64, Stanley St Auto 46

JAN 19—*M&P (3-2)*: Jeff Potter scored 23 points. Cesar Garcia added 14, and Dan Case scored 13.

Stanley: Glenn Bissoni and Mark Rocha scored 14 points apiece.

Under 35 Division

SPD 61, Brennan Pool Boys 57

JAN 19—*SPD (5-0)*:

Mike June scored 16 points. Gary Evenhart added 14. Jeff Dobratz and Walt Kustra contributed 10 points apiece.

Brennan: Brian Brennan scored 22 points, and Josh Ruis added 10.

Spartan II 54, UBSA/Bill's Auto 45

JAN 19—*Spartan (1-4)*: Josh Angelillo scored 17, and Luke Mauro added 11 points.

UBSA (1-4): RJ Ingriselli scored 12 points, and Steve Wright added 11 points.

DePaolo Girls Basketball

DePaolo 39, Moran 27

JAN 20—*Diana Verderame* paced the Patriots with 16 points. Maggie Meehan added 10 points, and Natalie Wadolowski scored seven as DePaolo improved to 6-1 overall.

Supplements: water and protein

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makes up the majority of your cellular structures. If your body's amino acid pool is not full, regular cellular processes have a difficult time occurring. When you throw in a hard practice or game and neglect to supplement with protein, you will have difficulty recovering from those activities.

I always use the analo-

gy; practices and workouts without proper hydration and protein is like paying a work crew to come to your house to repair damages without bringing the proper materials to make repairs. To maximize your efforts at practice and in the weight room, protein supplementation is a must. These building blocks are essential for repairing and helping muscle tissue to

grow.

Make sure to get at least 10-20 grams of protein at breakfast to jump start your body's repair system upon waking. To further maximize gains and muscle growth from all your hard work, 15 to 20 grams of protein an hour before practice and immediately after practice will help ensure that your body repairs muscle tissues.

Protein can be in the form of a whey protein powder mixed with milk or water. Also, it can be as simple as a protein bar that can be easily thrown in a gym bag. For the athletic population, consume 1 gram of protein per kilogram of body-weight (1 kilogram = 2.2 pounds).

For more information visit www.facebook.com/bodybysabia.

Selected home offerings from:
Southington, Bristol, Plainville

Hot Properties



◀ **218 Deerbrooke Circle Southington, CT**

Price: \$359,900

Agency: Prudential Realty

Contact: Carrie 860-378-3220

Features: Great Price. Open floor plan comes with this 2500sf Ranch featuring 3 bedrooms, 2.5 baths, office, sunroom, 1st floor laundry and a 2-car garage.



▲ **40 Pond Street, Old Lyme, CT**

Price: \$1,350,000

Agency: Country Manor Realty

Contact: 860-589-2100

Features: A GORGEOUS OCEANFRONT PROPERTY totally remodeled in 2007, 6 rooms with 2 baths, 3 BRs and a MBR suite with balcony and a LR with a nice deck to enjoy the ocean views. Included in the sale is a 3 bedroom guest house, great rental income. It's beautiful and reduced, and it will sell. Owner/Agent.



▲ **12 Cedar Grove Road Southington, CT**

Price: \$179,900

Agency: Jensen Community 55+

Contact: Jan at 860-793-0281

Features: Picture perfect show home. 2 Bedrooms, 2 full baths, kitchen with center island, open floor plan to adjacent dining room and living room. Three Season Room and carport.

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213 Spring St., Southington, CT

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www.SouthingtonObserver.com • www.StepSaver.com • www.BristolObserver.com

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BRISTOL-A UNIQUE SPLIT LEVEL with all new appliances, newer 1st floor laundry & half bath, 2nd level step up into the huge LR and DR w/full wall stone FR, 2 double sliders to a 15x18 Florida room, c/air, professionally landscaped gardens & stone walls with a babbling brook in the backyard to enjoy, 2 car garage and a lot of house for **\$244,900**



BRISTOL - It's unbelievable what **\$209,900** will buy!! A 2000 sq. ft Cape in the Federal Hill area with 1st floor FR, enclosed porch, 8 rms, 2.5 baths, 3 car garage and needs nothing. So call now before it's too late.



BRISTOL-THIS IS LIKE NEW! Quality rehab with a brand new kitchen w/center island, vaulted ceiling in dining area, beautiful HW floors in the LR, 2 BRs, full basement with 1 car garage, new driveway, large deck half open half covered. A nice sized yard w/ a stone wall with outside lighting a real plus. **DRASTICALLY REDUCED TO \$149,900.**



BRISTOL-WALK TO SHOPPING from this well cared for full dormered Cape with eat-in kitchen, FDR or 4th BRs, 2 full baths, newer windows & roof. A great yard with big deck & carport. **REDUCED TO \$142,500.**



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