

Scoreboard

Tennis

Kenny Hill Jr Memorial Tennis Tournament

Saturday, Aug. 28-Sunday, Aug. 29
101 matches
At Southington High School

Men's Singles

Champion: Jeremy Reichtenthal.

First round—Jeff Verrilli, bye. Mark Habek def. Ron Byrd, 6-3, 6-2. Jon Sadusky def. Nate Beaumont, 6-3, 6-3. Mike Delgrego, bye. Bob Grodzicki def. Bill Delgrego, 1-6, 6-0, 6-3. Jeremy Reichtenthal def. Dieter Fehlinger, 6-0, 6-0. Casey Barey def. Matthew Downes, 6-2, 6-1. Dan Ouellette, bye.

Quarterfinals—Habek def. Verrilli, 7-5, 6-2. Delgrego def. Sandusky, 6-3, 6-1. Reichtenthal def. Grodzicki, 6-1, 6-1, 6-3. Ouellette def. Barry, 6-3, 6-3.

Semifinals—Habek def. Delgrego, 7-5, 6-4. Reichtenthal def. Ouellette, 6-3, 6-3.

Finals—Reichtenthal def. Habek, 6-4, 6-2.

Men's Championship Singles

Champion: Ron Goodman.

First round—Eric Henne def. Ryan Klem, 6-3, 6-3. Ed McNamara, bye. Stephen Murphy, bye. Ron Goodman, bye.

Semifinals—McNamara def. Murphy, 6-1, 6-0. Goodman def. Henne, 7-6, 6-1.

Finals—Goodman def. McNamara, 6-4, 6-1.

Men's Doubles

Champion: Jim Mercuri/Joe Mercuri.

First Round—DiNello/DiNello, bye. Delgrado/Delgrado, bye. Didden/Flynn def. Byrd/Sheffield, 6-7, 6-4, 6-2. Goodman/Goodman, bye. Mercuri/Mercuri, bye. Downes/Sadusky def. Hill/Reichtenthal, 2-6, 6-0, 6-4. Reichtenthal/Barry, bye. Ouellette/Heldgard, bye.

Quarterfinals—DiNello/DiNello def. Delgrado/Delgrado, 6-3, 6-5. Goodman/Goodman def. Didden/Flynn, by default. Mercuri/Mercuri vs. Downes/Sadusky, 2-6, 6-0, 6-4. Ouellette/Heldgard def.

Reichtenthal/Barry, 6-3, 6-5.

Semifinals—Goodman/Goodman def. DiNello/DiNello, 6-0, 6-5. Mercuri/Mercuri def. Ouellette/Heldgard, 6-3, 6-2.

Finals—Mercuri/Mercuri def. Goodman/Goodman, 6-0, 6-2.

Mens Masters Doubles

Champion: Wint Filipek/Henry Eng.

Semifinals—Filipek/Eng def. Wadsworth/Maguire, 6-1, 6-3. Canavan/Magyar vs. Denne/DeMayo, 6-4, 6-5.

Finals—Filipek/Eng def. Canavan/Magyar, 6-0, 6-0.

Women's Singles

Champion: Gail Tuccio.

Quarterfinals—Gail Tuccio, bye. Emma Mazzone def. Kelly Hwang, 6-2, 6-2. Jennifer Flannery def. Alejandra Gimenez, 6-3, 6-1. Sandi Mauro, bye.

Semifinals—Tuccio def. Mazzone, 6-3, 6-1. Mauro def.

Flannery, 6-1, 6-1.
Finals—Tuccio def. Mauro, 6-4, 6-0.

Women's Doubles

Champion:

Gail Tuccio/Libby Canavan.
Qualifying round—Henne/Russo def. Fasulo/Disla, 6-2, 7-6.

Quarterfinals—Caffrey/Cullen def. Mauro/Mauro, 7-5, 6-2. Tuccio/Canavan def. Coppolos/Sullivan, 6-2, 6-0. Scalzi/Kirouac def. Henne/Russo, 1-6, 6-2, 6-4. Herens/Greenberg def. Kane/Murphy, 6-2, 6-0.

Semifinals—Tuccio/Canavan def. Caffrey/Cullen, 6-4, 6-2. Scalzi/Kirouac def. Herens/Greenberg.

Finals—Tuccio/Canavan def. Scalzi/Kirouac, 4-6, 6-4, 7-5 (tie breaker).

Mixed Doubles

Champion: Eric Henne/Sue Henne.

First Round—Mauro/Fehlinger, bye. Flannery/Thurston,

bye. Rahn/Rahn def. Canavan/Nguyen, 6-4, 6-2. Cullen/Wadsworth, bye. Macala/Wnuk, bye. Herens/LaRue def. Murphy/Kane, 6-4, 6-7, 6-3. Henne/Henne, bye. Filipek/Gimenez, bye.

Quarterfinals—Flannery/Thurston def. Mauro/Fehlinger, 7-5, 6-2. Rahn/Rahn def. Cullen/Wadsworth, 6-3, 6-0. Herens/LaRue def. Macala/Wnuk, 6-2, 6-1. Henne/Henne def. Filipek/Gimenez.

Semifinals—Rahn/Rahn def. Flannery/Thurston, 6-1, 6-3. Henne/Henne def. Herens/LaRue, 3-2.
Finals—Henne/Henne def. Rahn/Rahn, 6-4, 6-4.

Girls Singles

Champion: Nicole Storti (6-0).

Day One—Olivia Mauro def. Christina Szepanski, 8-3. Nicole Storti def. Liz Costello, 8-1. Niki Aldieri def. Ali Aldieri, 8-5. Storti def. Szepanski, 8-6. Angela Balaioing def. Mauro, 8-3. N. Aldieri def. Costello, 8-1. Szepanski def. Balaioing, 8-2.

Storti def. N. Aldieri, 8-4. A. Aldieri def. Mauro, 8-3.

Day Two—Szepanski def. Costello, 8-0. A. Aldieri def. Balaioing, 8-1. Mauro def. Costello, 8-0. A. Aldieri def. Szepanski, 8-5. Balaioing def. Costello, 8-2. Storti def. Mauro, 8-5. A. Aldieri def. Costello, 8-0. N. Aldieri def. Mauro, 8-7. Storti def. Balaioing, 8-7. N. Aldieri def. Szepanski, 8-6. Storti def. A. Aldieri, 8-7. N. Aldieri def. Balaioing, 8-5.

Boys Singles

Champion: John Sadusky (4-0)

Day One—Matt Mirabello def. Wyatt LaVoie, 8-4. Matthew Balaioing def. Michael Balaioing, 8-3. Ma. Balaioing def. LaVoie, 8-2. John Sadusky def. Beaumont, 8-2. Mirabello def. Ma. Balaioing, 8-6.

Day Two—Sadusky def. Mi. Balaioing, Beaumont def. LaVoie, 8-5. Sadusky def. LaVoie, 8-5. Beaumont def. Mirabello, 8-6. Mirabello def. Mi. Balaioing, 8-2. Sadusky def. Ma. Balaioing, 8-4.

PATHWAYS

To Your Health

Community Education Programs

SEPTEMBER 2010

BLOOD PRESSURE SCREENING

Know your numbers and control high blood pressure.
Wednesday, September 8, 10 a.m. – Noon, Free

YOGA FOR HEALING AND WELLNESS

People with back problems will benefit from gentle repetitive movements that help stretch/strengthen the back, abdominal muscles and legs.
Wednesday, September 8, 5:45 – 6:45 p.m.
\$70 for seven weeks

STEPS TO A NEW YOU

A six-week medically supervised program of light weights, resistance bands and exercise balls, ideal for those who want to make small changes that will lead to a lifetime of improved health.
Wednesday, September 8, 7 – 8 p.m.
\$60 for six weeks

ZUMBA

The Latin beat of the music, the steps, and the moves create an energetic cardio-based workout that's fun for all!
Thursday, September 9, 5:15 – 6 p.m.
\$45 for six weeks

BEGINNER AND MIXED LEVEL YOGA

Access peace of mind and relaxation through a sequence of postures, specialized breathing and mental techniques.
Thursday, September 9, 6:30 – 7:30 p.m., or
Monday, September 13, 5:30 – 6:30 p.m.
\$70 for seven weeks

BODY BLESSINGS

Be guided in a delightful meditation called "The Inner Smile," which involves bringing positive energy to the inner organs, digestive and nervous systems.
Thursday, September 9, 7:45 – 8:45 p.m.
\$60 for six weeks

ZUMBA GOLD

Men and women will get a cardio workout while moving to the rhythms of Latin and International music. Improve muscular strength, endurance, bone density, flexibility, range of motion, balance and coordination.
Friday, September 10, 6 – 7 p.m.
\$60 for six weeks

TAI CHI FOR HEALTH

Gentle movements help to increase flexibility, muscle strength and heart/lung activity.
Monday, September 13, 9 – 10 a.m.
Plymouth Town Hall Community Room, 80 Main Street, Terryville
OR
Monday, September 13, 10:30 – 11:30 a.m.
Bristol Hospital Wellness Center
\$60 for seven weeks

MANAGING WEIGHT THROUGH EXERCISE

This six-week medically supervised toning and cardio program, held on Mondays, Wednesdays and Fridays, is ideal for improving overall health.
September 13, 11:30 a.m. – 12:30 p.m.
\$75 for six weeks

ZUMBA 101

A Latin inspired dance program specially designed for active older adults and beginners.
Tuesday, September 14, 10:30 – 11:30 a.m.
\$65 for eight weeks

LYMPHEDEMA SUPPORT GROUP

Learn more about lymphedema, a condition that causes abnormal swelling of the limbs.
Tuesday, September 14, 6:30 – 7:30 p.m., Free

PRENATAL YOGA

Learn conscious breathing, prenatal yoga movements, and vocalization.
Tuesday, September 14, 7 – 8:15 p.m., \$50 for five weeks

THE RIGHT INGREDIENTS FOR AGING WELL

An enjoyable interactive program on the art of aging gracefully.
Wednesday, September 15, 2 – 3 p.m.
Ingraham Manor, 400 North Street, Bristol
\$30 for five weeks

WEIGHT LOSS SURGERY...IS IT FOR YOU?

Meet our bariatric team who will answer your questions and explain the process of weight loss surgery. Pre-registration required at 860-314-2798 or for more information.
Wednesday, September 15, 6 – 8 p.m.
Bristol Hospital, Hughes Auditorium, Level A, Free

FLASH! THE DANCE OF THE HORMONES

Join gynecologist Victoria Biondi, MD, to learn more about the natural hormonal cycle of menopause and how symptoms can be treated with natural, medical and bio-identical therapies.
Wednesday, September 15, 6:30 – 7:30 p.m., Free

TOTAL CHOLESTEROL, HDL AND TRIGLYCERIDE SCREENING

Fasting for eight hours is required for this finger stick screen that takes approximately five minutes.
Thursday, September 16, 8:30 – 10 a.m.
Plymouth Town Hall, 80 Main Street, Terryville, \$20

LUNG FUNCTION SCREENING

A simple test to measure the health of your lungs by blowing into a special tube.
Thursday, September 16, 10 – 11 a.m.
Plymouth Town Hall, 80 Main Street, Terryville, Free

TAI CHI AND QI GONG

The slow easy movements of Tai Chi help to relax the body and relieve stress while improving strength, balance, flexibility and coordination.
Monday, September 20, 6:45 – 7:45 p.m.
\$60 for six weeks

WEIGHT LOSS SURGERY SUPPORT GROUP

Our support group is for people (and their families) who have had, are preparing for, or thinking about weight loss surgery. Call 860-314-2798 to register.
Tuesday, September 28, 6 – 7 p.m.
Bristol Hospital, Hughes Auditorium, Level A Free

DIABETES SUPPORT GROUPS

Our free support groups are open to adults with diabetes, their families and friends.
Tuesday, September 28, 11 a.m. – Noon, or
6:30 – 7:30 p.m.
Bristol Hospital Center for Diabetes
102 North Street, Bristol
(call 860-940-6300 to register)

THE WHOLE TRUTH ABOUT GRAINS

Studies show that eating whole grains has many benefits. Through discussion and demonstration, we will show you how simple it is to include whole grains in your daily diet.
Wednesday, September 29, 6:30 – 7:30 p.m., \$10

UNDERSTANDING COMPLEMENTARY THERAPIES

Massage therapy, Reflexology and Reiki are health practices and remedies that have been used for centuries. Join us to learn the differences, similarities and health benefits of each.
Thursday, September 30, 6:30 – 7:30 p.m., \$5



842 CLARK AVENUE • BRISTOL, CT

Unless otherwise indicated, preregistration is required for classes and screenings.

Payments must be received FIVE DAYS before the start date.

www.bristolhospital.org

Please call InfoLink at Bristol Hospital at 860-585-3661 to register.

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