

YOUR SPORTS AND RECREATION RESOURCE

NOVEMBER 2009

FREE!

# SPORTS & LEISURE MAGAZINE

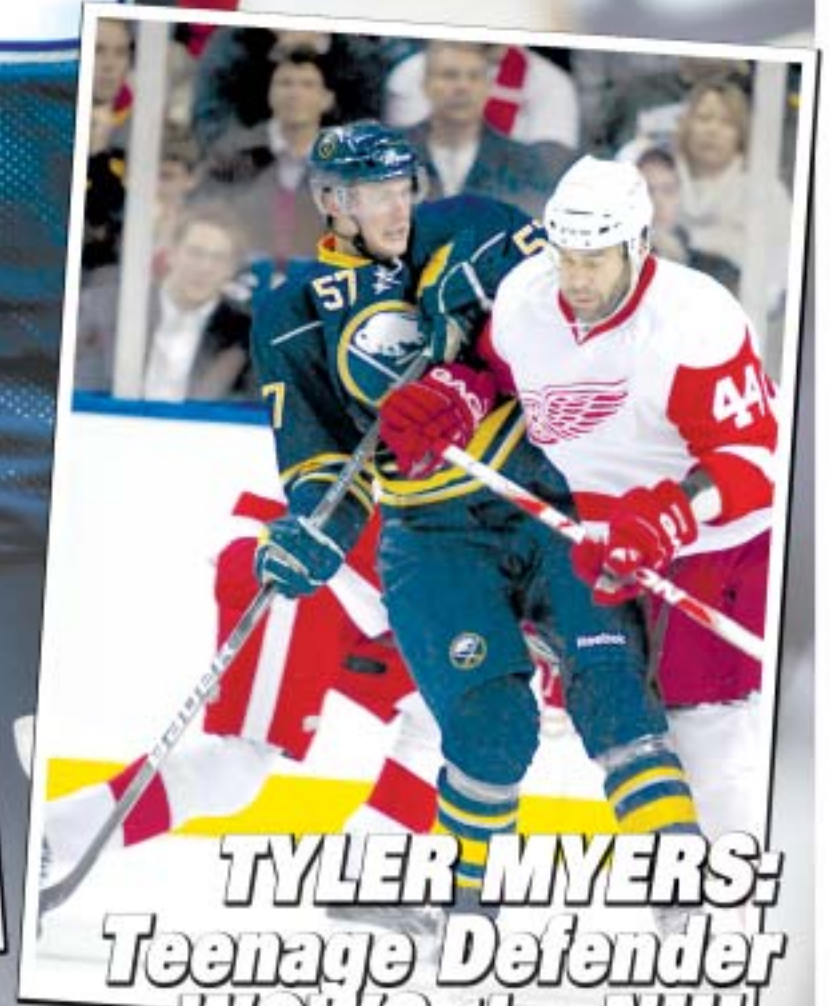
TM

Jairus Byrd

## Byrd... in the Hand



Rochester's Jon Jones  
is Ready for UFC Action



TYLER MYERS:  
Teenage Defender  
WOWS the NHL

[www.sportsandleisuremag.com](http://www.sportsandleisuremag.com)



## From the Publisher

As expected, the young Buffalo Bills are taking Western New York on a roller coaster ride this year. A team that can take a double-digit lead into the final minutes against New England and beat the Jets at the Meadowlands can also struggle at home against the Browns.

The team has struggled to find an identity on offense. An injury to Trent Edwards allowed the team to experiment with new schemes under veteran quarterback Ryan Fitzpatrick. We take a look at the changing face of the Buffalo "O" in this issue.

One bright spot for the team has been rookie safety Jairus Byrd. In an incredible four-week span, opposing quarterbacks saw seven of their passes land in Byrd's hands. The NFL hasn't seen a performance like that in almost 50 years, and has never seen a rookie have a one-month run like October's Rookie of the Month. We take some time to meet Jairus in this issue.

Just as we go to press, the Bills are in the national news again. With Terrell Owens staying out of the headlines, Buffalo may be considering adding another big name to the roster. Tony Dungy dropped the bombshell on Sunday Night Football that the Bills might be in discussions to bring disgruntled Philadelphia Eagle Michael Vick to town.

With the football season in full swing, the NHL has been heating up with the Sabres leading the Northeast and sitting near the top of the Eastern Conference. While the exceptional play of Ryan Miller has become as habitual for the fall as the changing of the leaves, the play of Tyler Myers has impressed almost everyone, including coach Lindy Ruff. Faced with the decision to begin Myers' eligibility or send him back down for another year in juniors, Ruff sent a clear message that the 19-year-old defenseman is ready now and that the Sabres are ready to get back

into the post season.

Along with their new blueliner, the Sabres have been changing the way the approach hockey; gone are the lackadaisical defense efforts of forwards from last year. Taking a cue from some of the other coaches in the league, Lindy has impressed upon his team the importance of backchecking and forechecking. This new commitment to defense along with veteran forwards such as Mike Grier and the addition by subtraction of Max Afinogenov has led to one of the stingiest units in the entire league. Combine all that with talented young forwards throwing a lot of shots on net and Buffalo has had a very successful formula so far into the season.

The horse racing season is coming to a close with both Batavia Downs and Finger Lakes closing in earlier December, but there is some great fall action still on tap at these two tracks.

We wish everyone a happy Thanksgiving!

## Jeffrey T. Barnes Photography

Personalized, Professional  
Call: 716-480-4492



## Sports & Leisure Magazine

469 Virginia Street, Buffalo, New York 14202

Tel.: (716) 876-2738, Fax: (716) 874-8289

Email to: publisher@sportsandleisuremag.com

Check us out on the web at www.sportsandleisuremag.com

### Publisher & Editor Marian Giallombardo

Associate Editor Jeffrey Levine

Feature Writers Robert Caico, Rick Davenport, Peter Farrell, Mike Fox, Shirley Giallombardo, Ivan the Impaler, Ed Kilgore, Shawn Krest (Buffalo Managing Editor), George Kuhn, Andrew Kulyk, Jeffrey Levine, Brian Mazurek, Adam McGill, Brian Michalek, Ron Montesano, Len Mytko, Gary Reeves, Charles Roberts, Dave Sully, John Williams, Rick Zurak (golf editor)

Chief Photographer Jeff Barnes

Staff Photographers Ryan Bartholomew, Bob Conlon, Nick LoVerde, Joe Valenti, Mike Majewski, Holly Malinowski

Cover photos Jairus Byrd by Joe Valenti, Tyler Myers by Jeff Barnes, Jon Jones: UFC photo

Advisory Board: Phil Haberstro, Adam Lingner, Denny Lynch, Shauna Stisser

Contributing Writers Dan Bates, Josh Colligan, Sarah Delmonte, Casey Fenton, Joe Kirchmyer, Greg Kowalczyk, Holly Malinowski, Paul McCarthy, Matthew Miranda, Anna Oakes, John Perrelli, Ben Raby, Dave Ricci, Ken Shoemaker, Angela Stephano, Phil Taylor

Layout & Cover Scott Appleby, Graphic artist Liz Seivert

Assignment Editor Shawn Krest

Copy Editors and Office Assistants Len Mytko, Justin Vernold, John Williams

Please send your letters, questions, and comments to: Sports & Leisure Magazine, 469 Virginia Street, Buffalo, NY 14202 or e-mail publisher@sportsandleisuremag.com. Please include your name, address and phone number or your letter can't be published. All letters and responses become the property of Sports & Leisure Magazine, they may be printed, and are subject to editing. Sports & Leisure Magazine is circulated throughout Western New York and Southern Ontario. All rights and trademarks reserved. Reproduction in whole or in part without the express written consent of the publisher is strictly prohibited. ©1997 - 2009 Sports & Leisure Inc.

# 2010 INBF NORTHERN STATES SUPER NATURAL

## Bodybuilding & Figure Championships

### American & Canadian Challenge

# March 20, 2010

**Maryvale Senior High School**  
1050 Maryvale Drive, Buffalo NY

## WNBF Pro Qualifier

(Bodybuilding, Figure, Masters)

### 7-Years Natural- Fully Drug Tested

**Bodybuilding:**  
Open, Novice, Teenage, Masters, Wheelchair, Couples

**Figure:**  
Open, Novice, Masters  
Best Body Bikini & Jr Bikini  
Male Model & Jr. Male Model  
Ms Fit Body & Ms Fit 40+

Most Muscular & Best Poser Awards  
All competitors get participation awards

For contest info, tickets, updates, and applications, contact: Marian Giallombardo-WNBF Pro at 716-876-2738, cell 716-445-5603, marian@localnet.com; Donnie Craig 716-783-7286

[www.northernstatesupernatural.com](http://www.northernstatesupernatural.com)  
see website for rules & requirements

1/2 mile from the Walden Galleria • 2 miles from Buffalo Niagara International Airport  
30 minutes from Niagara Falls

# Niagara Hobby & Craft Mart

We offer products that you grow with, not grow out of!

Visit Santa, his Elf and his reindeer at our restored caboose each Saturday and Sunday from 11:00 a.m. to 4:00 p.m. on November 28-29 and December 5-6, 12-13, & 19-20. FREE gifts for every child and FREE photos! Bring your pet!

**LARGEST DEPARTMENTS IN WNY:**  
Trains • Die Cast Collectibles • Slot Cars • Plastic Models  
Dollhouses & Ethnic Dolls • Science • "Thomas & Friends"

Open 362 Days a Year  
Visit our caboose, a local landmark!

3366 Union Rd. (at Walden Ave.), Cheektowaga  
Open Mon-Sat: 10am-9pm, Sun: 10am-5pm  
Tel: (716) 681-1666 • [www.niagarahobby.com](http://www.niagarahobby.com)

## Tyler Myers makes a quick adjustment to the NHL

By George Kuhn

The sight of towering, talented rookie Tyler Myers - nearly seven feet tall on skates - has Sabres fans excited about the team's future. His surprisingly strong play is a sign of the positive direction that the Sabres organization has found.

The timing of Myers' arrival has been impeccable, just in time to replace the retired Teppo Numminen as a right-handed puck-moving defenseman. Myers' arrival has also reinvigorated the play of his defense partner, veteran Henrik Tallinder, who ranked among the early season plus/minus leaders after seeing his play slip over the past two seasons.

Myers feels that his NHL experience so far has been what he expected.

"I knew it was going to be a whole other level, especially with the speed and strength of the players. I think the main thing for me has been to focus on making the simple play as quick as I can," Myers said, adding that he feels more confidence as a new NHLer than he did as a first year junior player. "My time in Kelowna was good for me as I developed physically and mentally and I owe my coaches there a lot for making the jump to the NHL easier."

Myers is especially grateful for the tutoring from his defensive coach, former NHL defenseman Jeff Finley.

"Jeff played 12 years in the NHL so he knows what it's like," Myers said. "He brought a lot of expertise to Kelowna and helped us out quite a bit."

Myers has been impressed with the competition he has faced so far. "When I finally got to play against guys like (Vincent) Lecavalier and (Martin) St. Louis who I grew up watching them play, I got to see how good they actually are. There's good players on every team but those two definitely stood out," Myers said.

His grandparents have been seen on TV, wearing their No. 57 souvenir Sabres jerseys at the New Jersey game. "My grandparents live in Harrisburg, Penn.," Myers



Photo by Jeff Barnes

### Tyler Meyer shines on Sabres blueline.

said. "They're located close to a lot of teams so I'm sure that they'll be coming to quite a few of our games."

Myers has certainly made a positive impression on coach Lindy Ruff, who says that Myers has met his expectations and even exceeded them in some categories. "If you look at the amount of time that he has played, that gives you an indication that he has been doing very well," Ruff said. Myers averaged 22:46 minutes per game, the third highest on the team, the surest sign of his coaches confidence. *The Hockey News* has even recognized Myers as the third best defenseman under age 22 in the NHL, ahead of 2009 No. 1 pick Victor Hedman. Pretty heady stuff for a guy who hasn't even played 20 NHL games yet.

The NHL presents a grueling schedule of 82 games and a player's performance level rises and falls as they experience varying level of success and frustration throughout the season. One of the challenges of an organization is to recognize where a player is - in a peak or valley - and help them minimize the valley time. Myers feels that his teammates support him by always staying positive.

"Players are going to go through some tough times," he said. "Since the moment I got here, all of the guys have been really good to me. They've really helped me out. I'm sure that when every player goes through a valley, his teammates are going to support him. You know it's going to happen and you've just got to try and battle through it."

Ruff agrees that a lot of support the players need through the long season comes from their teammates.

"I think from a playing

sense that the coaches are right there for them also," Ruff said. "It isn't always a pleasant experience after playing a game. Sometimes it's a disappointment. Sometimes you lose even when you've played well; sometimes you lose because you've played poorly. Sometimes you lose directly because of plays you've made and you've got to be able to put those plays behind you and get ready for the next game."

Fans are marveling at the outstanding skating ability Myers has shown. Some have said that he 'skates really well for a big guy,' but he actually skates very well for any player, regardless of size. So how did he develop his skating?

"My dad helped me out quite a bit when I was a kid. My grandparents had the backyard rink, although when I was younger growing up in Texas we didn't have a backyard rink there," Myers said. "I took power skating lessons as I was growing up. As my legs have gotten stronger over the years it's become easier for me to have a good skating stride. I just need to keep working on my footwork in practice every day which helps me to make sure that I stay mobile."

Myers watches his opponents to add elements of their success to his own game.

"I like to watch guys like (Zdeno) Chara and (Chris) Pronger to see how they use size to their advantage. They use their stick very effectively and with their size their body positioning can make them very dangerous (to their opponents) in their own end," Myers said. "I watch different players around the league to see what they do, it's more that I'm learning a little bit from a lot of different guys rather than copying thing that just one person might do."

With his towering 6-foot-7 frame that should fill out somewhere in the 230-250 pound neighborhood, fans should not expect Myers to become a physically imposing defender, devastating opponents with thundering body checks and Pronger-style cross checks in front of the net.

"Over the years I've been more of a body positioning finesse player," Myers said, evoking images of a smooth-skating, larger-sized version of former Sabres standout Bill Hajt. Not a bad vision of the possible future for the teenage Sabres defenseman.

## Jairus Byrd flying high for Bills defense

By Shawn Krest

A rookie defensive player grabs an interception? Beginner's luck.

Two interceptions? A fluke: proof that no one can predict what happens on a football field.

A third pick? Time to take notice. The fourth means that the kid might be something special.

How about seven? In four weeks? Well now we're entering unprecedented territory.

Bills safety Jairus Byrd's father Gil played in the NFL for 10 years, but this second-generation player might be a once-in-a-generation player.

Byrd's seven interceptions are the most by an NFL rookie - for a full season - in eight years. He already has as many picks as his father did in his best season, and it took until midway through Gil's fourth season before he had seven career interceptions.

"Before I even came, my goal was always to be better than him," Jairus said of his father. "Whatever he does I want to break whatever he does. It's competition so that's without being said."

Like Ken Griffey Jr. and Barry Bonds in baseball, having professional bloodlines may have helped to prepare Jairus to perform at the highest level. "He's always basically kind of told me things to look out for; things not to do and things that I should do," Jairus said. "It kind of gives me a heads up beforehand so I know what I'm getting into that others might not have... Just overall just of what it means, how to conduct yourself, things that come with it that a lot of people might not know coming into it."

Long ago, he stopped setting rookie marks and started matching veterans in the records book. He matched the Bills team record for most consecutive games with an interception. With two interceptions in a game three weeks in

a row, he matched a 49-year-old NFL record.

"We obviously thought a great deal of him so it's not a surprise," Bills coach Dick Jauron said. "He's got a great lineage in the league, a great background in the league, and he's a terrific player and terrific young man. He studies the game, he's very into it, and he's skilled. Once again, I think our guys have done

a nice job of preparing him, but clearly he's got skills that are not ordinary even for this level and he's using them."

Several of Byrd's interceptions have come on overthrown or deflected passes, leaving the impression that Byrd is in the right place at the right time. However, teammates and coaches are united in the belief that his lucky positioning is the result of meticulous preparation.

"I'm a believer that all the preparation is part of that ability. If you don't have the ability to prepare you're not going to do it," Jauron explained.

"We thought that he was a natural free safety and we thought that he had good ball skills," Buffalo defensive coordinator Perry Fewell said. "He could track the ball like a baseball player in the air. For him to progress this quickly like he has progressed, it has been a surprise."

"He has great instincts for the ball," safety Bryan Scott, a seven-year veteran, said. "When he's back in the middle of the field he's always around the ball so whether it's an overthrown pass or whether it's a tipped pass he's just in position to make a play. You really can't teach that. He's just a naturally gifted guy when it comes to that so it does great see him back there. I love to see him play."

Despite all the lofty numbers, Byrd is still a rookie and has some work to do in order to continue making an impact



Photo by Joe Valenti

### Jairus Byrd is on track to shatter the NFL rookie interception records.

in the NFL. He entered the bye week coping with an injury that he suffered in training camp and re-aggravated in Week 8 against Houston. He'll need to cope with the weekly wear-and-tear of the position.

He also admits that he has work to do on his run defense. "So far not too good," is his assessment. "My angles have been not too good, particularly the Jets game, but it's just a learning process. I'm trying to get better each and every week."

"He wasn't as aggressive coming in, when he first got the opportunity, but over these last few weeks, the more time he's spent out there in-between those white lines, he's getting more and more comfortable," safety George Wilson said. "He's still got a ways to go just with trying to be that last line of defense; coming up and making those long runs, keeping them to 15-20 yards as opposed to 50 or 60 yards but he's done an exceptional job of just controlling the middle of the field."

Byrd has one word to explain how he'll make the necessary adjustments. "Practice."

In addition, he can always count on a call from Dad to provide advice. "He'll always try to throw me little tips that might help me. He always says, 'whatever you can use great, whatever you can't throw it out.'"



## Books Make Great Gifts!



### AUDieu: Buffalo Says Goodbye to the Aud

By Suzanne K. Taylor (a/k/a Aud Braud)

A beautiful 120-page, color coffee table book celebrating the Aud, from groundbreaking in 1938 to heartbreaking demolition in 2009. **\$29.95**

The 14x10 color 2010 AUD calendar will tug on heartstrings all year with pictures and anniversary dates of memorable games and concerts. **\$14.95**

Available online and at area gift and bookstores

### The Golden Age of Buffalo Sports: 1945-1950

By Dan Starr

More than 300 pages and hundreds of pictures -- pure collegiate and pro sports nostalgia!

**\$24.95** online and at area gift and bookstores



# New-look Amerks off to hot start

By Chris Colleluori

The Rochester Americans' 2009-10 season was just three minutes old when they took their first lead of the year. A rebound from a Mike York shot was corralled by Graham Mink, who dished the puck back to defenseman Clay Wilson, whose slap shot found the back of the net.

Wait. Who, who and who?

York, Mink and Wilson are just three of 10 new faces that began the season on the new-look Amerks. With the naming of Ted Nolan as the vice president of hockey operations, this offseason translated into a slew of free agent additions that have revamped and revitalized Rochester's roster.

Those additions brought what the Amerks lacked most a year ago: experience. Returning captain Rory Fitzpatrick is now joined by alternates Mink and Chris Taylor - a former Amerk and Sabre from 1999-2006. The trio has a combined 1,396 games of AHL experience entering this season.

"If you look at last year, the guys didn't know what to expect coming into this year," said Taylor, who averages nearly a point per game in his AHL career. "All the young guys have played far beyond what I expected. It's just a mixture of veterans and young guys pulling together."

The following is a player-by-player breakdown of who's who on the new red, white and blue. Stats are through 11 games unless otherwise indicated.

## Left Wing

**Michael Duco**

Duco began this season with the Panthers but was sent down after opening weekend. He has yet to make an impact in Rochester with no points and a minus-2 rating, dressing in only six games.

**Andrew Sweetland**

The second-year pro doesn't see a ton of ice time and has struggled with the transition from the ECHL - where he was a point-per-game player - to the AHL.

**Mike York**

The three-time 20-goal scorer in the NHL with Edmonton and the New York Rangers hasn't lost a step since coming over from Syracuse. He lines up at the right point on the power play and also sees time killing penalties. He's second on the team with 10 points and will be an important cog in the development of the young forwards.

**Kenndal McArdle**

The oversized forward finishes every check and is an agitator in the offensive zone. A first-round draft pick (20th overall) by the Panthers in 2005, he is a top penalty killer and has the speed to be a threat to score shorthanded. He throws his weight around (54 penalty minutes) but also plays smart (plus-3), which is why



Photo by Bob Conlon

Alexander Salak has been solid between the pipes for the Amerks, earning player of the week and Rookie of the Month honors in October.

the 5-foot-11, 205-pounder earned a call-up to Florida on Oct. 28.

**Jimmy Bonneau**

A first-year Amerk coming over from Portland (AHL), the enforcer had 122 penalty minutes a season ago. He wasted no time this year, squaring off seven times in a five-game stretch. He knows his role on the ice.

**Evgeny Dadonov**

The rookie out of Russia scored his first professional goal, followed by his first assist, on the same shift against Binghamton on Oct. 21. The speedster plays alongside the two alternate captains and sees power-play minutes, so the scoring should pick up.

## Center

**Jamie Johnson**

The defensive-minded forward is a key penalty killer and plays set-up man to his wingers, York and Taffe. He had four assists in his first eight games and totaled eight points through 11 games.

**Chris Taylor**

Nolan knew what he was doing when he wooed Taylor back to Rochester in July. The 37-year-old looks as young as ever, continuing to make plays and set up goals. He leads the top power-play line and his nine assists are a team best with 11 total points to tie him for the team lead.

**Shawn Matthias**

Originally a second-round pick (47th overall) by the Detroit Red Wings in 2006, Matthias joined the organization in a trade that dealt tough guy Todd Bertuzzi to the Motor City. He played with the Panthers in their first five games of the season and notched a goal in the middle game. If he finds his scoring groove he's likely to do more traveling back and forth this season but he registered only two points in his first seven games in

Rochester.

**Jeff Taffe**

It's easy to see why Nolan signed the AHL's 11th-leading scorer from a year ago (25 goals, 50 assists in 74 games with Wilkes Barre/Scranton) less than a week into the job. Taffe plays the right half-boards on the power play and his four goals and seven points led to a call-up with the Panthers on Oct. 30.

**David Brine**

The fourth-year Amerk began the season as the starting center between McArdle and Michal Repik - both of whom found their way to Florida before the season was a month old. Brine remains in Rochester, but maybe not for long. His five goals are second on the team and his two shorthanded goals and plus-4 rating are Amerks bests.

## Right Wing

**Victor Oreskovich**

A point-per-game player in the OHL, Oreskovich quit hockey for two years but made an immediate impact upon his return. The 23-year-old netted four points in his first five games before making his NHL debut Oct. 31. He was plus-1 in a win over the St. Louis Blues.

**Graham Mink**

The veteran is a pure goal-scorer who always seems to be in the right place at the right time. He scored 32 goals (59 points) in 68 games with Hershey (AHL) last season and has continued that pace in Rochester. He sees time on the top power-play unit and is fourth on the team with eight points.

**Michal Repik**

Repik had a quick start to his second season tallying two points in four of his first five games. The second-round pick (40th overall) from 2007 led the team in goals (6) and points (11)

before suiting up for the Panthers Oct. 28.

**Brady Calla**

The 2006 third-round draft pick started with Rochester last year and was reassigned in November. He'll need to pick up the scoring (one assist in five games) to avoid the same fate.

## Defense

**Michael Caruso**

The returning Amerk is a solid blue-liner who doesn't dazzle in the offensive zone but can be trusted on the back end. Through his first 10 games he had four assists and was plus-3.

**Jason Garrison**

Backstopping the top power-play unit, the second-year pro had at least one point in four of his first five games, including a three-point performance against Toronto Oct. 16. His play earned early but short-lived stints in Florida, once on Oct. 10 and again Oct. 24. Coming off a 35-point season a year ago, he had six points in eight games with the Amerks.

**Rory Fitzpatrick (Captain)**

In his fifth season with the Amerks, Fitzpatrick won't produce offensively like he used to (30 points in 1997-98) but his leadership is the

foundation on which the team is built. He has been slowed by injuries in the early going and dressed for just six of the team's first 11 games.

**Clay Wilson**

Last year Wilson had 14 goals and 31 assists with Syracuse and Chicago and he doesn't look to slow down with a point in five of his first six games with the Amerks. He quarterbacks the power play, and leads Amerks defensemen with 29 shots on goal.

**Keaton Ellerby**

A smooth skater with good size (6-foot-4), Ellerby is starting to show the confidence of a first-round draft pick (10th overall in 2007). He isn't afraid to join the offensive rush and his scoring should improve with some power-play minutes. He had four assists and was plus-4 when the Panthers came calling Oct. 31.

**Jordan Henry**

The third-year Amerk is a stay-at-home defenseman, the perfect complement to his offensive-minded defensive partner, Ellerby. He recorded his first point of the season, an assist, in an Oct. 30 win.

**Luke Beaverson**

Don't look to Beaverson for scoring, but the biggest

Amerk (6-foot-4, 220 pounds) knows his role on the back end. He was plus-3 despite dressing in only six of the team's 11 games.

## Goalie

**Alexander Salak**

The rookie, who played in Finland last year, won back-to-back starts upon his return from the Panthers, where he gave up two goals in 18 minutes of work against the Carolina Hurricanes. He won his first six starts and stopped 88 of 91 shots during a 48-hour stretch in which he won three games, including a shutout to earn AHL Player of the Week honors for the week ending Oct. 25. He was then named Rookie of the Month for October thanks to his 1.66 goals-against average and .947 save percentage.

**Tyler Plante**

The second-round draft pick (32nd overall) in 2005 got off to a 3-2 start with a .914 save percentage and always gives the Amerks a chance to win. At 6-foot-4 he uses his height to his advantage - even from his knees he keeps his shoulders at the crossbar - and he stays square to shooters with strong side-to-side movements.

## In Perry they trust

By Matthew Miranda

After years at the top, the Rochester Raiders struggled early in the 2009 season and never really got going. They were up and down all year before finally collapsing in the playoffs against River City. With four minutes left and a seven point lead, the Raiders fumbled on the Rage's four-yard line, only to have it run back for a score, then fumbling again with 38 seconds left, down by three, on the River City one-yard line.

The last time the Raiders came off a season that ended with a loss was 2006. They came back to win a championship in 2007 and followed that up with an undefeated 2008 season. They hope history is about to repeat itself.

Part of the reason the Raiders got off to a poor start in 2009 was the turmoil at the quarterback position that persisted throughout much of the season. The opening day starter was Matt Kohn, a highly regarded collegiate quarterback and AFL free agent who was benched early in the season and who then promptly quit the team. Former Raiders quarterback Omar Baker, a Rochester indoor football fixture for years, took his place under center but despite some early success the team still struggled to play consistently. Eventually the job fell into

the capable hands of Syracuse product Perry Patterson. Recently resigned for the 2010 season, Raiders' minority owner Dave McCarthy referred to the signing at the organization's top off-season priority. Last year was Patterson's first playing indoor football, forcing the Syracuse export to learn the realities of life as an indoor quarterback on the fly. He cited "being able to operate in small spaces and learning new angles," as the toughest adjustment he had to make.

"Arena football's all about placement and touch," Patterson said. Now a second-year player, Patterson figures to have a better understanding of the nuances of the indoor game as well as his receivers. This mixture of skill and experience should make the Raiders a contender from the start of the season.

Rochester looks stronger this year but then again, the Indoor Football League does too, especially when compared against the other non-NFL leagues. The Arena Football League has folded and the newly created United Football League seems oddly determined to make its mark by pushing the star power of ex-NFL coaches like Jim Fassel and Dennis Green while staging its season directly against the NFL calendar. The IFL, however, appears headed in the right direction. This year the league added an

expansion team, the Richmond Revolution, and granted conditional admission to another, the LaCrosse Spartans. League owners also approved a small increase in the players' base pay. How has the league not only stayed afloat but also maintained a degree of growth within the current economic climate? "Our business model and the player pay structure set it up so that the stars will make the big bucks when they get to the NFL," McCarthy said, pointing to the example of former Sioux City Bandit and current Buffalo Bills running back Fred Jackson. "This keeps us viable. Player payroll is one of the major factors that sunk the AFL." Other issues the league says it has discussed are improving the officiating and scheduling as well as securing regular national television exposure. There has been no mention made of efforts regarding the league testing players for use of performance-enhancing drugs.

Last year the Raiders took too long to solidify the quarterback position, and it cost them; they hitched their star to the right wagon, but they did so too late. If the team can get out of the gate early and play to their potential consistently instead of in spurts, next year the Raiders and their fans may find themselves partying like it's 2007.

# The Sabres new system

By George Kuhn

Sabres coach Lindy Ruff added some new wrinkles this year that he picked up from his fellow coaches with team Canada at the World Hockey Championships and at the Olympic team's orientation camp. So what exactly are those changes and how responsible are they for the team's early season success?

First of all, perhaps the most noticeable improvement from last year is the Sabres league-leading defensive record through the first dozen games. The *Toronto Globe and Mail* referred to Ryan Miller as the NHL's best goalie following a Sabres victory over the Leafs. Miller is certainly among the top six at his position, and his play has never been better. The Sabres defensive record reflects a more committed defensive effort by his Sabres teammates.

While it's difficult to coach a player to be more talented, they can certainly be taught to play better defense and work harder. There have been some spectacular backchecking plays by Sabres forwards this year, in contrast to last season's often-lackadaisical efforts. Backchecking is mostly a matter of effort so maybe the team has matured enough to realize after two straight seasons of missing the playoffs

by two points, that one or two hard-fought plays over 82 games can make the difference between playing hockey or golf in mid-April.

Then there is more aggressive forechecking, with all three forwards sometimes seen below the hash marks pressuring the puck deep in the opponent's zone. One NHL observer commented that with the way teams defend in their own end, "It's hard enough scoring five on four with the power play, how are you going to score if you forecheck with only two guys deep and you get a turnover and now two guys have to beat five defenders?" You need all three forwards to support the puck down low when you get a turnover to have any chance of capitalizing on that opportunity.

The big change Pittsburgh coach Dan Bylsma was credited with in turning around the Penguins season last year was implementing an aggressive forechecking system and getting away from the 1-2-2, known as the neutral zone trap. Remember, Pittsburgh was in tenth place and out of a playoff spot when Bylsma was named a mid-season replacement for Michel Therrien. This new forechecking system was the major factor credited for turning around the Pens season and winning them a



Photo by Jeff Barnes

Mike Grier fits Sabres system.

Stanley Cup. If the Sabres can emulate this successfully they will be headed in the right direction.

New players like Craig Rivet, Steve Montador and Mike Grier were brought in

to toughen up the lineup and mentor their younger teammates. While Grier may not get many shootout opportunities or even hit double digits in goals this year, it was hoped that his work ethic would rub off on his young teammates. Grier's positioning and dogged determined forechecking effort was featured as a scoreboard highlight at a recent HSBC Arena game. Even though the play didn't generate a turnover, the replay was a celebration of intelligent positioning and a solid work ethic. Was Derek Roy thus inspired by Grier to make a spectacular play in the very next game in Boston to dive and deflect a pass denying the Bruins a scoring chance? Who knows, but the defensive effort has been noticeably improved this year.

The Sabres seem to be playing deeper in the attacking zone, where turnovers 160-feet away from your own net are less likely to harm you, especially with a team of inspired blue and gold backcheckers. Maybe they seem to be keeping the puck deeper because Maxim Afinogenov and his "curl inside the blueline and throw the puck on the tape of the nearest opponent for a breakaway" turnover plays are now in Atlanta.

Then there's the breakouts. An NHL observer commented, "A few years ago the really good teams like San Jose and Detroit stopped using the boards to wrap the puck around to the forwards on their breakouts because all the other teams in the league know you're going to do it." This makes sense; every kid from squirt hockey on up has a coach telling the defensemen to ring the puck

around to the forwards. How hard can it be for NHL coaches like Jacques Lemaire and Ken Hitchcock and Pat Quinn to figure that out?

To develop better puck control the Sharks and Red Wings began looking for the center in the middle deep in their zone to make the first pass up ice. The Sabres have now adopted this tactic. While missed passes and turnovers in the middle can quickly lead to scoring chances for opponents, you take the good with the bad. This replaces having the wingers trying to chip the puck past pinching defensemen who have taken away the play up the boards, then watching the opponent just dump it back in again. Is it just me or do the Sabres seem to spend less time bottled up in their own end this year? Maybe this explains why.

Talented rookies have helped. Tim Kennedy's slick outlet passes make the new breakout system go, while Tyler Myers' superior skating ability and confidence have added a new dimension to the Sabres attack. Effective puck-rushing defenseman can break down an opponents' defensive schemes by carrying the puck deep into the attacking zone as seen in Myers' spectacular rink-length dash setting up a goal against Detroit. All of the Sabres defensemen have decent offensive skills and have obviously been given the green light to carry the puck up ice.

Then there is the concept of moving up ice as a five-man unit. By keeping the space tight between the forwards and defensemen, if the forwards lose possession, the trailing D-men are in a good position to get to the loose puck first or to quickly pressure an opponent. This is opposed to the defense lagging behind the rush, leaving a wide-open sheet of ice for opponents to gather their wits and build up speed after a turnover. Time and space for an opponent are the enemies of the defense and denying these things will minimize the opponent's opportunities and create more takeaways.

Last but not least is the offense. An NHL observer commented, "The way teams defend with five guys down low around the net, it is almost impossible to get a


direct shot on goal without hitting a leg or getting blocked so you need to take every opportunity to throw the puck at the net from anywhere. I call it the pinball effect where you can get a lucky bounce for a goal or a rebound." Indeed, Lindy Ruff will blow the whistle to stop practice and "counsel" a player who had a direct shooting lane to the net, even at a bad angle, but turned away looking for a better opportunity. Ruff would instruct the player to get the puck on goal at every opportunity but the players were sometimes slow to adjust.

The game has changed and Ruff knew it, he knew that a new playing style was needed to succeed in the new NHL. As Redwings defenseman Brian Rafalski of the Detroit Red Wings, explained recently in *The Hockey News*, "I've only been around 10 years but the game has transitioned quite a bit from a hook and slash game when I was starting when you could put your stick on a guy's hands or wrap guys up with a bear hug. Everyone's had to change the way they play."

What happened was that the NHL finally started calling the penalties in the rule book. - The much celebrated "new rules" were really anything but new - but now teams had to find new ways to play defense because they were no longer allowed to tackle and hook players anymore. It took about a year and a half after the 2004-05 lockout before the league adjusted to the "new rules." The goalies who were now so good, so big and with their bloated equipment you don't even have a prayer of scoring off the wing or from the point without a screen or a deflection. So teams have essentially conceded shots from far out and concentrated on collapsing down low in and around the crease, intelligently positioning defenders in the shooting lanes and passing lanes to deny attackers direct access to their goalies.


These tactics have become so successful, according to an NHL observer that. "When a point man shoots, if the puck gets past the forward in the shooting lane, it will probably hit the defenseman behind him who is also in the shooting lane. Which leaves a \$6-million-a-year goalie back there with little or nothing to do!" These shot blockers can afford to be fearless because their equipment is virtually bullet-proof and covers them from head to toe even with chest protectors."

It's in the face of these tactics that Ruff has repeatedly instructed his players to take every opportunity to just get the puck to the net. This season, the guys seem to have finally gotten the message. This consistent implementation by the players has been part of the more effective play so far.



**LET US  
TAKE YOU  
TO THE GAME**

**AS LOW AS  
\$39/PERSON  
FOR 8 HOURS**



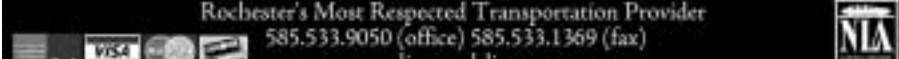
Diamonds offers Lincoln town cars, stretch, superstretch, and ultra superstretch limousines. Diamonds also has available exotic, one-of-a-kind Navigator limousines, Limousine Coaches, Diamond Excalibur - longest in the country, Superstretch diamond voyager vans and buses.



**Drive in Style with Diamonds Limo**

Offering Wine Tours • Casino Trips • Sporting Events • Weddings • "Night on the Town"

Rochester's Most Respected Transportation Provider  
585.533.9050 (office) 585.533.1369 (fax)  
www.diamondslimo.com



# Bills offensive overhaul: What's been done, what still needs to be

By Shawn Krest

The Buffalo Bills have been criticized for their struggles on offense in the first half of the season. Former offensive coordinator Turk Schonert described it as a "Pop Warner offense." The comment came days after his firing, so it might have been motivated by sour grapes.

More recently, Houston linebacker DeMeco Ryans talked about how easy it was to combat the Buffalo offense.

Some of the criticism has been merited. Buffalo not only ranks 29th in the league in total offense, but they are averaging fewer total yards per game (264.8) than eight quarterbacks average in the air. The Bills also rank 28th in passing and 26th in scoring. Only two teams have fewer rushing touchdowns,

and Buffalo gave up more rushing scores to Houston's back-up running back in one quarter (three) than the Bills have mustered in the first eight games (two).

The team's return to the no-huddle offense has been a rocky one. As Schonert and Ryans said, the team kept things simple in the early going. Part of that was to help a young offensive line adjust to the no-huddle. Only four teams have suffered more sacks, and part of the simplified schemes have been to provide more protection to the Bills beleaguered quarterbacks.

By the time Trent Edwards went down to injury, the Bills were running about 80 percent of their plays from the same formation - one back, two tight ends - in order to provide maximum protection. Thirteen of their

first 15 plays against the Browns came from that formation, and they ran it for their first 10 plays against the Jets. By comparison, the Browns ran eight different formations and the Jets seven during the same period.

The max-protect scheme has negated the team's strongest offensive features - depth at receiver and running back. A two-tight end, one-back set means that Josh Reed, Roscoe Parrish, Steve Johnson, and either Marshawn Lynch or Fred Jackson are on the bench most of the time. That group combined for 16 touchdowns last season.

"There's a lot of stuff that we need to look into but we have the guys on this team to be a good offense," backup quarterback Ryan Fitzpatrick said. "That's evident, they've

done it before in their careers and it's just a matter of getting out there, breaking through our slump and doing it."

"It is tough," offensive coordinator Alex Van Pelt said. "Fred (Jackson) was doing a great job, and Marshawn (Lynch) is doing a great job and you have to get them both touches. I don't think you could go a whole season asking one guy to carry 25 or 30 times a game."

The good news is that Edwards' injury against the Jets seems to have helped pry open the playbook.

Perhaps a Harvard-educated veteran like backup quarterback Ryan Fitzpatrick was judged to be able to handle more variety. Maybe the line is ready for an expanded menu of options. Or maybe the team decided that trickery and options down field might offer more protection than extra bodies blocking.

Whatever the reason,



Photo by Joe Valenti

The Bills went with a more complicated offense under Ryan Fitzpatrick.

Buffalo opened up the offense a bit after Fitzpatrick took the reigns. The team backed off on the no huddle to allow new players to join the fray. Against the Panthers and Texans, the Bills mixed things up, running five different personnel formations, each for about 20 percent of the offensive plays. Two-back and three-receiver for-

mations were included to get some of the team's depth on the field. The team also began running pre-play motion again.

"Every week, I think, every team adds a few twists, a few new, relatively new things," head coach Dick Jauron said. "But it's hard to add a lot. Alex and I talked about that very thing this morning. When you watch the video it's not like they know what we're doing. It's not like they have it figured out. They're good, they make plays and we don't."

"We do a self-analysis and then we look at our problem areas and we've got a lot of them," Jauron continued. "We've just got to keep doing a better job of the things that we like and then we'll look at some new things, too, as we kind of have as we've moved along."

Despite the well-chronicled offensive woes, the team is a game below .500, and the Bills are two fumbled kick returns away from being 5-3 and in the thick of the playoff hunt. A few simple tweaks in the schemes, and Buffalo may be able to put together a late-season run.

## AFC East: Patriots making the grade at the halfway point

By Charles Roberts

Ladies and gentlemen, the New England Patriots are back. As the season reaches the halfway point, it's safe to say the Bills, Jets and Dolphins are in their rearview mirror.

### New England Patriots

The Patriots started off looking somewhat sluggish, but appear to have found their old swagger at the season's halfway mark. At press time, the Patriots sat atop the division, boasting a 6-2 record with a gaudy 225 points scored and a mere 115 allowed. By comparison, in eight games the Dolphins have scored 193 points, the Jets 177 and the Bills a lowly 123. There really is no reason to believe the Pats will do anything other than continue to roll as the season carries on.

With a measly four touchdowns at the quarter pole, Brady has really gotten things going with 16 at the halfway mark.

The slow start and two losses are the only factors keeping the Pats grade from an A-plus.

### Grade: A-minus

### New York Jets

The hot-and-cold Jets have proven they have potential. But can they round the corner and start winning on a consistent basis?

Quarterback Mark Sanchez is the key. When they haven't asked him to win games outright, the Jets have been solid, relying on a strong Thomas Jones-led running attack and a defense with the ability to take over games. Through eight games, Sanchez connected on 53.5 of his passing attempts for 1,443 yards

with eight touchdowns and 10 interceptions. The Jets lost a nail-biter with the division-rival Dolphins in Week 8, where Sanchez per-



Photo by Al Pereira

The Jets traded up in the draft to get him, but can "Sanchize" remain consistent and lead his team to the playoffs?

formed admirably (20-35, 265 yards and two touchdowns), but ultimately didn't get the job done.

After eight games, the Jets have a record of 4-4.

### Grade: C-plus

### Miami Dolphins

The Dolphins are an interesting story thus far this season. The Wildcat has run wild, but the rest of the team is mired in inconsistency.

Michigan product Chad Henne has been decent under center in replacing injured Chad Pennington, but hasn't really had to shoulder the load. If the Dolphins are to repeat last year's division-winning ways, they will need their young signal-caller to step up in a major way.

Still, the Wildcat and even just the combo of Ronnie Brown and Ricky Williams out of classic for-

mations produced a collective 1,074 rushing yards and 12 touchdowns through eight games. If these numbers are replicated in the second half, it would be hard to fathom a situation where 2,000 yards and 25 touchdowns on the ground isn't enough to win a few games.

Through eight games, the Dolphins have a record of 3-5 and earned every ounce of their grade.

### Grade: C-minus

### Buffalo Bills

Through eight games, we know this much about the Bills; they have an above-average defense with a rookie safety who is an absolute ballhawk in Jairus Byrd. Beyond that, it gets a little more questionable.

With a flash or two throughout the season, the offense has mostly been anemic. Through eight games, Trent Edwards and Ryan Fitzpatrick have combined to produce just 1,341 yards in the air with seven touchdowns against nine interceptions. A large part of these stats should be shouldered on the offensive line. Even with their injuries and inexperience, the unit has not performed at the level expected of them.

But the fact remains that the Bills have two excellent pass-receiving running backs and arguably the league's most under-utilized receiving corps, regardless of who is at quarterback or how makeshift the offensive line is.

After eight games, the Bills have a 3-5 record and narrowly avoided a grade of F with a few defense-led victories.

### Grade: D-minus

**NOVEMBER 27TH  
IS DARK FRIDAY**

**AT AMERICAN HARLEY-DAVIDSON**

**Boots\*Helmets\*Jackets\*Jewelry\*Kids Clothing**

**7AM-10AM** **....and more**

10%-50%  
OFF!!!

American Harley-Davidson

1149 Erle Ave.

North Tonawanda, NY 14120

(716) 692-7200

www.americanharley-davidson.com

# Fantasy hockey

By Mike Fox

Much like our counterparts in fantasy baseball, hockey owners have been conditioned to "sell high" their hot-starting players, reasoning that when the inevitable correction period comes, better it happen with the players posting zeroes in someone else's lineup. And, much like baseball, this tactic usually follows the blueprint, but there will be a smattering of players whose hot starts were actually the precursors to solid seasons.

Anze Kopitar's scorching October stats would seem to scream "fluke," but remember that this is what we were all expecting last year after his 32 goals and 77 points in 2007-08 at the age of 20. His digression to "only" 66 points last year caused his fantasy stock to plummet this year, meaning most leagues now have one owner who selected the NHL's leading scorer somewhere around pick No. 100, and a bunch of other owners wondering how they could have allowed this to happen.

Over the past few years, Brad Richards' main claim to fantasy fame has been being the highest-scoring player currently available on league waiver wires, his career plus/minus rating of -62 often being incentive enough for owners to forsake his point-per-game production. He's shown marked improvement in his defense since being traded to Dallas at the 2008 trade deadline, however, and this year he's actually among the league leaders at +7, so consider him a low-end No.1 center as long as he can remember that a hockey



Photo by Bernstein Assoc.

**Anze Kopitar could be the steal of the 2009-10 fantasy season.**

rink has two nets.

When does a fluke become a trend, and when does a trend become an immutable fact? Since the 2001-02 season, Rangers winger Vaclav Prospal has alternated productive years and down years, and I mean alternated with eerie preciseness. In the productive seasons, Prospal averages just a shade under one point per game played, and this is due to be an Up year. Like Richards, "Vinnie" has had his problems with defense (-47 career entering this season), but the move from Tampa to the Big Apple gives him a much better supporting cast around him, which should at least keep his +/- within the realm of reason.

Since St. Patrick Roy retired at the end of the 2003 season, the Colorado Avalanche goaltenders have combined for a grand total of one respectable season, that by David Aebischer in 2003-04. Other than that, it's been one dismal year after another turned in by the likes of

Aebischer, Jose Theodore and Peter Budaj. While it may be hard to imagine that Craig Anderson will be the one to break the streak, this is the same Anderson that kept former All-Star Tomas Vokoun nailed to the Panther bench for long stretches of last season. Anderson carries a respectable .914 career save percentage despite spending all seven years toiling for sub-par teams. He's never started more than 31 NHL games in a season, so his durability is still a question mark, but all other signs indicate he is a solid No.2 goaltender fantasy option.

The future is a bit hazier for some other fast-starters. Defenseman Michael Del Zotto was a popular waiver wire pick in most leagues after scoring four goals and eight assists in his first 13 games. His career minor league statistics definitely indicate an offensive flair, and he's getting plenty of power-play time with the Rangers, but it's virtually unheard of for a 19-year old rookie defenseman to sustain a point-per-game pace over an entire season. Sell high.

Expectations were high for Dustin Penner after the 6-foot-4, 240-pound Oiler scored 39 goals in 57 games for the AHL Portland Pirates in 2005-06, then for an encore scored 29 goals as an NHL rookie the following year. Since then, though, he's averaged less than half a point per game, and has acquired a reputation for playing soft. He has all the tools, but he's had hot starts before, only to revert back to his lackadaisical ways. Tread lightly.

# Let's look at the fantasy impact of those veteran offseason moves

By Leonard J. Mytko

Nothing lasts forever, especially in the ever-changing world of fantasy football. Every offseason is filled with veteran players changing their mailing addresses via free agency while certain others get traded away. These moves often have fantasy significance that you need to be aware of each and every fantasy draft year. Last season running back Michael Turner made good in his move from San Diego to Atlanta and finished second in the league in both rushing yards and touchdowns. Wide receiver Bernard Berrian reached career-highs in both receiving yards and touchdowns going from Chicago to Minnesota. And Chad Pennington took his release from the Jets to deliver a division crown with the Dolphins. Below you will find most of the veteran names that have went elsewhere since the Steelers won their sixth Lombardi Trophy back on Feb. 1 and what type of impact they're having with their new teams in different cities.

**Brett Favre, QB, Vikings**

While expectations for the 19-year veteran gunslinger this season were all over the map in Minnesota, not many fantasy leaguers predicted he'd be this productive. From a statistical standpoint, he's averaging a very sound 240-plus yards per start, and has been a steady producer at flinging touchdowns, throwing for at least one score or more in seven of eight contests so far. So for another year and yet another comeback, another prolific fantasy campaign looks to be in the offing for the legendary quarterback.

**Laveranues Coles, WR, Bengals**

He didn't get off to that hot of a start this year in Cincy, catching only 10 balls the first month, scoring just once and then posting a dud (zero catches) in Week 5. But the former Jet has become a bit more involved of late with 12 receptions for 149 yards with a pair of touchdowns in the past three weeks. At the least, Coles is showing that he can



Photo by Amos Smith  
Photography/Minnesota Vikings

**With 16 touchdown passes at the halfway point, Favre is back to being a No. 1 fantasy QB.**

still be a sneaky fantasy play, especially in touchdown-heavy leagues.

**Kellen Winslow, TE, Bucs**

After five up-and-down seasons in Cleveland, Winslow's move to Tampa Bay and the NFC South certainly came with some quarterback concerns. However, it seems to be the fresh change of warmer weather scenery that has helped to revitalize his career. Through eight games, his 35 receptions for 352 yards and five scores are all team-highs in what is shaping up to a rebound year for him.

**Braylon Edwards, WR, Jets**

Hard to believe he was a dynamic fantasy receiver two years ago - catching 80 passes and 16 touchdowns - to now having some difficulty making enough of an impact or wondering whether or not he can be fantasy relevant at some point this year. Overall, the in-season trade to New York should still benefit the development of both Edwards and rookie quarterback Mark Sanchez in the long run, but after a promising debut against Miami in Week 5, his production hasn't really been all that consistent.

**Tony Gonzalez, TE, Falcons**

After 12 years in Kansas City, one of the game's all-time great tight ends isn't likely to duplicate his big 2007 or 2008 numbers only because Pro Bowlers Michael Turner and Roddy White have been cutting into his stats a bit. That said, his first half was still productive (434

yards, four scores) in a brand new offense for him. He's still a top-notch starter in all fantasy formats. He just won't catch 90 balls and surpass 1,000 yards for a fifth time or catch double-digit touchdowns for a fourth time in his career.

**Correll Buckhalter, RB, Broncos**

He ran for 108 yards in a Week 3 contest against Oakland, but hasn't gained more than 46 yards in a game since then. Throughout his entire eight-year career as an Eagle, he often looked like one of the league's up-and-coming young running back stars, but injuries were always a hindrance to him. Now at age 31, it appears he'll never be more than a complimentary player and maybe a low-end No. 2-type fantasy back if rookie Knowshon Moreno isn't quite ready to take over the full reins in the Denver backfield.

**Terrell Owens, WR, Bills**

Sometimes even a new star in town can't deliver big. In one of the more surprising sequences of the season, the T.O. experience has turned sour in a hurry. Now at the halfway point of the season, Owens has caught 23 passes for 281 yards with only a couple of touchdowns to his credit. In fact, he has only 123 receiving yards over his last four games and has yet to top 60 yards in a single game. It's certainly been a big let-down for fantasy owners of his.

**Jay Cutler, QB, Bears and Kyle Orton, QB, Broncos**

Following their offseason trade for one another, many observers still felt that Chicago was getting the better fantasy quarterback out of the deal. That hasn't been necessarily the case though as Orton has matched the Pro Bowler's production and to go along with his much higher fantasy value at the start of the season. Both have eerily similar passing yardage after eight games and Cutler leads the touchdown race, throwing 14 to Orton's nine, but Orton has only a single pick-off to Cutler's 12. So give the edge to Orton for his steadier play.

# 2009 INBF Mr & Ms Super Natural WNBF Pro Women's Masters Cup

By Marian Giallombardo

On Oct. 3 nearly 50 athletes competed in the Super Natural at McKinley High School (Buffalo).

Below are some highlights from the show.

Pro Masters bodybuilding competitor, Valerie Worrell, made the long trip from Oregon; she got what she game for. Her thickly muscled physique and symmetry earned her a no-contest first.

Six lovely ladies battled it out in Best Body Bikini class. Pretty and toned Sarah Brockner placed first. Jamal Mendez was 2nd and Danielle Zito was 3rd. The remainder of the class was 4th, 5th, and 6th respectfully: Angela Cusimano, Melanie Gonzalez, Christine Gillotte. Deanna Lodadio was first in junior bikini.

The Ms Fit class was close as most placements were decided by one point. Chrissie Nelson was tight, toned and



Photo by Paul Nigro

**Chrissie Nelson.**

poised, she earned top honors.

All three teens presented well, with Vincent Aldridge, first; Anthony Polermo, second and Nico Ferrara, third.

The Men's Masters over 40 was the class to watch as seven men vied for the coveted masters pro card. First place winner, Dan Sammon was shredded, vascular and hard like a



Photo by Paul Nigro

**Lester Gale.**

ded, vascular and hard like a rock. In second place, Gary Schadwill, was ripped, symmetrical and displayed stand-out abs. Third through 7th place: Richard Sharp; Kevin Jackson; Eugene Ring; David Patrick; Mark Solomon (also masters over 50).

By unanimous decision

Kuang-Ying Chen, who had an excellent v-taper, took the Men's Novice Class A and Lester Gale, who displayed hard thick legs, took the Men's Novice B class and won the novice overall.

Ten ladies entered the novice figure classes. Curvy and toned Lindsey Sammon won the short class and Jeannie Ditzler displayed a tight toned physique, which earned her first in the tall class as well as the overall novice win.

Open figure first through fifth: Diane VanDeusen; Marlo Dickerson; Angela Cusimano; Christine Fogel; Denita Jones.

All three women brought

something to the table in master's women's bodybuilding. Rebecca Miller Moore earned the top honor.

Women's open bodybuilding was very competitive. Rebecca Miller Moore won the open lightweight as well as the overall. Nicely muscled Sue Manera won the heavyweight class.

Men's open LW winner, Nick Lapsevich stood out with thick balanced legs and a nice v-taper. Dan Sammon won the open MW. Well-balanced Amery Walker was first in the LHW class and Richard Sharp was first in the HW class. All of the men were very competitive, but Dan Sammon pre-

sented the total package and went home as the open overall winner.

A special thanks goes out to our staff for all of their help.

For the complete results, go to [www.northernstatessuper-natural.com](http://www.northernstatessuper-natural.com).

.....

The 2010 INBF Northern States Super Natural is March 20 at Maryvale SHS, Cheektowaga. For more info call 716-445-5603 or check out the website (listed above).

Facebook: Super Natural Bodybuilding and Fitness

# Soccer is a religion at McQuaid Jesuit

By Bob Conlon

On Tuesday, Nov. 10 at 5 p.m. the top seeded McQuaid Knights (18-0-1), presently ranked No. 1 in the state and No. 8 on ESPN's national poll, will face the AAA Section V winner Fairport, ranked No. 20 in the state, for the state qualifier in Spencerport. For the fourth time in five years the Knights have reached the sectional final with wins over Brockport and Webster. To get there, they defeated a very determined West Irondequoit 3-0 in the AA finals.

"The best feeling in the world was hearing that buzzer blow and running over to our loyal fans," Captain JC Billone said after the Knight's sectional win. "Finally holding that trophy with the rest of the team, remembering last season's early exit, and realizing we accomplished our goal the team set at the beginning of the season cannot be expressed in words."

Back in 2005, McQuaid won their first sectional crown and made it all the way to the state final where they were defeated. In 2006 and 2007 they lost to rival Webster Thomas. In 2008 the McQuaid Knights made it to the quarterfinals of the sectional playoffs against Churchville-Chili. Although the team dominated the game in every way, the score was a 0-0 tie for most of the game. A late Churchville breakaway changed that and McQuaid was sent home much earlier than anyone expected.

This year's seniors have carried that memory with them and pledged not to have that happen again this season. "With a large majority of our seniors being part of the team that lost to Churchville we knew that winning that sectional title would be our number one goal," Senior Captain and All Greater Rochester player Stephen Baker said. "We were willing to put forth the effort and make the sacrifices to make that happen."

Since last fall's early departure, the soccer program at McQuaid has gone through many changes. Ken Wilken, McQuaid's successful head Varsity coach for 10 years, stepped down and made a fresh start at Bishop Kearney. After a short search the school made the right move by promoting their JV Coach, Matt McConnichie. A former high school soccer All American at Pittsford Sutherland, McConnichie also played in college for Yale University and professionally in Chile.

Once appointed, Matt wasted no time in bolstering the coaching staff with for-

mer McQuaid Head Coach and 1978 McQuaid graduate Dan Schied and former Rhino's Laurie Calloway. A

Everyone does their thing and I help them do it their best and help it to show up at the right time and place.

and national rankings we're very proud of our boys," Baker's father, John, added. "They ignored the distract-

soccer. On Oct. 4, 68 walkers from the varsity, two junior varsity teams, the modified team and their parents

order to make his total donation \$400. I am amazed at the generosity, kindness and camaraderie of these players and the parents in making this event such a success."

"Everyone expects 110 percent out of each other," captain Alex Pautler said. "We won't be intimidated and our bond is unbreakable. There's constantly players stepping up and making plays. We are a team that wins championships and those opportunities don't come along often. This team feels it earned the Section V title for the loyalty, dedication, and perseverance each one of our players demonstrated every day."

In closing, Captain Kevin Harrington said, "I remember when the ESPN rankings started coming out beginning with 28th, then 22nd, then 11th, and finally eighth in the nation. We told ourselves those numbers mean nothing and they will continue to mean nothing until this journey is over."



Photo by Bob Conlon

Alex Pautler uses his head to chip in a goal for the McQuaid Knights.

native of Birmingham, England, Calloway started his professional career in 1962 at the age of 16 with the Wolverhampton Wanderers, now of the English Premier League.

At the beginning of the season it was difficult to know what to expect of this team. Obviously they had two All Greater Rochester captains in Kevin Harrington and Stephen Baker as well as experienced fellow captains Alex Pautler and JC Billone. The team also had other promising seniors like Eric Jackling, Steven Contestible, Josh Cuyler, Sean Huonker, Peter Brower, Scott Levy, and Chris Gutierrez. Upcoming underclassmen that were expected to make a mark of their own were juniors Patrick Conlon and Austin Korol, and sophomores Jeff Fafinski, Mike Sergeant, Nick Rauscher, Kevin Smith, and Patrick Casey.

"The 2009 McQuaid Boys Varsity Soccer season has been enjoyable and satisfying because of a passing on of spirit," McConnichie said. "From the beginning, my objective in coaching this team was to make sure the players got imbued with an experience and love for the game that passes from all. In August, the team arrived as a group of moderately capable, but misdirected adolescents. Since then the team has consistently grown in their unity and proficiencies particularly in individual and team tactics. A tried and true trust allows for tremendous learning and permits adjustments to be well executed in games. All the players are setting examples both by performing in new ways and raising their overall performance to new heights. Egos have dissolved and a team has arisen. I knew how to coach all the players and the team as a whole because I am a part of that team. It feels identical to the way great teams and players of my younger years felt and now they are part of us. I study the game and prepare the sessions as I must.

Our coaches coach and share the work. The players play and do the same. We already know what we have to do and where we are going."

Coach Calloway knew from the beginning that McQuaid had a chance to do something special, but the players had to buy in to make it work. "Our only tie against Henrietta was a real gut check. I feel the game against John Jay at the Hall of Fame Tournament in Oneonta was the turning point in our season. It was frankly a game we were not supposed to win in most people's eyes. After that tremendous 4-0 performance our players suddenly realized that they were one of the best teams in the State and at that point started to believe in all the goals they had set for themselves just a few weeks earlier. If any of them had lingering doubts, our first game against Aquinas certainly made them believers we could win States."

"I have enjoyed working with this group of boys," Laurie added. "They are quality human beings as well as quality players with a tremendous amount of esprit-des-corps in the group. Furthermore, the behind the scenes support of a tremendous group of parents has also been very instrumental to our success. Lastly I think Coach Matt deserves a lot of credit in his first year for recognizing that he perhaps needed to add some experience in Coach Dan and myself to his own very accomplished playing and coaching background."

The players were also in agreement. "The team chemistry has gotten us this far," Baker said. "We are a talented team that knows how to play together. The tie with Henrietta was a wake up call that we were not unbeatable and that we'd have to play our game in order to win. We have won 16 straight since then!"

"Certainly with all the wonderful press, big wins

tions, continued to work hard, and never rested on their past accomplishments."

This McQuaid team did a lot more than play excellent

mom of goalie Andrew Spencer said. "Each year we hear a story of true generosity. One young man took \$15 from his 'piggy bank' in

## Ashton Broyld Arrives at Rush-Henrietta

By Paul Adamo

At the end of the 2008 high school football season Rush-Henrietta coach Joe Montesano looked forward with anticipation to the start of the 2009 fall campaign. After finishing 2-7, he felt with a number of experienced players returning, the Royal Comets could duplicate their 2006 success and return to the sectionals. "We had a good nucleus coming back, a number of experienced players and I liked how the team worked in the offseason," coach Montesano reflected. Then with the addition of one player his anticipation would change to great expectations for the Rush-Henrietta Comets in the upcoming year.

In April, Marshall star quarterback Ashton Broyld unexpectedly announced that he was transferring to Rush-Henrietta. With the arrival of the two-time All-Greater Rochester player the Comets instantly became one of the favorites to win the Class AA championship. They instantly became one of the top five teams in Section V. Ashton's parents decided that the Rush-Henrietta school district would provide a better academic and athletic opportunity for their talented son.

"It was difficult leaving my team at Marshall but I felt it would be for the best," Broyld said. He hopes to improve himself as a student and also as a football player. He would be facing better competition playing

in the Monroe County I league and was already featured in many of the top recruiting sites after his sophomore year as a blue chip prospect. Many coaches in Section V openly said he may be the finest combination passer and runner from the quarterback position to come out of the area. One rival coach from Monroe County I predicted he could become the "most heavily recruited high school football player in Section V history."

"He has great talent and is working to get better everyday," said Montesano.

The transfer of Broyld, a 6-foot-4, 225-pound junior who had started as a freshman for Marshall, dictated that Montesano needed to overhaul his offensive approach.

Broyld accounted for 25 touchdowns and threw for over 1,780 yards with another 600 yards on the ground during his sophomore year at Marshall. His quarterback skill set was best suited for the spread-option offense that would allow him to throw and run equally against Monroe County I defenses. The Comets' coaching staff has worked with the young quarterback to perfect his throwing technique and footwork. With the use of the spread-option offense along with the improvement of fundamentals, Broyld has continued to develop as a quarterback. His individual passing and running statistics for the

2009 season were better each game he played. He has become more of a complete quarterback, not just a good athlete playing the position. More importantly, along with his work on the field, he has also become a better student in the classroom.

For his future, that may be the single best outcome of his transfer to Rush-Henrietta.

Broyld led his Royal Comets to a perfect 8-0 undefeated regular season. In sectional play they beat Pittsford-Sutherland in the first round, but were upset 24-19 by Webster-Schroeder in the semi-finals, a crushing disappointment for a team that seemed destined for a sectional title. Ashton tossed three TDs and ran for over 100 yards in the loss. His arrival as a player seems almost complete. He has a senior season to look forward to next year and another chance for a sectional title, not to mention a year of recruiting trips and scholarship offers. The transfer to a new school has reaped many benefits, as Broyld is now a better player, a better student and a better young man. He has settled into his new school and will play basketball this winter. Anticipation and expectation has not left Montesano and Rush-Henrietta football team, as maybe the fruition has just been delayed one year. The Comets' 2010 football season will provide the answer.



# Petty and Earnhardt highlight initial class of NASCAR Hall of Fame

By Dave Sully

By a vote of racing personalities and fans, 51 percent for the racing brethren and 49 percent for the fans, the first group of inductees have been selected for the NASCAR Hall of Fame, scheduled to open in Charlotte, NC, on May 23, 2010. The five selected as charter members will be: Bill France Sr., the founder of NASCAR, and Bill France Jr., who inherited the organization from his father and ran it for close to five decades; Richard Petty, the driver with the sport's most wins and seven-time champion; Dale Earnhardt, a seven-time champion as well; owner/driver Junior Johnson, who bridged the gap between the "rum runners," the sport's first stars, and the modern era of the sport.

Perhaps the two most recognizable people to the fans

are Richard Petty and Dale Earnhardt. It was Petty, who arguably put NASCAR on the national map with his record 200 wins, captivating smile, and trademark cowboy hat. More than that, however, Petty endeared himself to the fans like no other sports figure of his time. Earnhardt brought swagger and an image that was heroic to many, while arousing enmity in others.

At Richmond Raceway some years back I witnessed an event involving Petty that still impresses me today. As he walked from pit road to his hauler following warm-ups a distance of several hundred feet, a large crowd of admirers, clamoring for his autograph, besieged him. Instead of escaping the mayhem by concocting an excuse - ala Mark Martin and others - Petty patiently signed any-

thing the fans put before him. Moving at a snail's pace, the trip took close to an hour, but Petty made a lot of people happy that day.

After the race, in which he was a non-factor, I happened to be walking through the pits and I encountered Petty walking by himself. I asked him if he would sign my shirt. Not only did he sign it, but also took his time and finished with his trademark curly "Y" at the end. This was a star that appreciated the people who helped him get there.

The enigmatic Earnhardt was an entirely different story. His seven championships were garnered by cultivating an image on the track from which he gained fame as the "Intimidator." There is no question that he was one of the greatest drivers who ever lived; many

say the greatest. His off-track persona didn't win him many fans, and though he did sign

autographs, he made it abundantly clear that it was not an enjoyable activity. At Daytona one year I saw him being followed by a group of autograph seekers as he walked through the garage area. He steered over to a line of Corvettes, parked end to end that were going to be used to introduce the drivers. Climbing into one where Michael Waltrip was being interviewed, he climbed out the other side,

leaving the group of fans behind him, never looking back.

Having said that, I came across him at Richmond several weeks later as he walked alone through the garage area. When I called his name, the universal

request for a photo op, he turned, smiled and gave me a thumbs-up as I took his picture. With

Earnhardt, it was a matter of timing. To most fans he remains the best driver in NASCAR history. When Earnhardt died at Daytona in 2001, he garnered the kind of attention that heads of state receive, a rare tribute to a man who drove fast cars.

Though arguments can be made pro and con about the other three, Petty and Earnhardt truly deserve to be charter members of the NASCAR Hall of Fame.



## The MAAC is Back in Town!

Saturday, January 2, 2010 at HSBC Arena

Niagara hosts Iona  
tip-off at 2:00 p.m.



VS.



Canisius hosts Fairfield  
tip-off at 4:30 p.m.



VS.



Student tickets just \$5  
Individual tickets start at just \$10!

MAAC Basketball at it's finest as two local favorites, Niagara & Canisius, host Iona and Fairfield at family friendly affordable prices. Tickets on sale November 17th.

For more information, or to charge by phone, call 1.888.223.6000 or visit [www.HSBCArena.com](http://www.HSBCArena.com).



# The race announcing adventure that never happened

By Brian J. Mazurek

This story was supposed to be about my experience at calling a live race at Buffalo Raceway or at Batavia Downs.

Call it nerves. Call it being a chicken. Call it whatever you want but just don't call it being a race announcer.

It all started in the summer when I wanted to take my horse racing stories to a new and different level. Being hands on, I wanted the opportunity to try different jobs at the track.

I thought race announcing couldn't be that hard so I approached Buffalo Raceway track announcer Robin Burns about the idea. He loved the plan, but deep down inside, he had to be thinking 'he has no idea.'

After getting approval from Buffalo Raceway management to call a "real race" a few weeks prior, I headed up to the announcer's booth high atop the roof at Buffalo Raceway on my debut day. It was a warm Sunday afternoon and Burns thought it would be good for me to get my feet wet by announcing a schooling race, a two-year race with just four horses in it.

It was approximately an hour before the regular post time. The joint was basically empty except for a few diehard race fans that were wagering on other tracks with little-to-no-interest in my race call.

So doing a non-betting, schooling race sounded like the right thing to do, just to get my feet wet.

It was also determined by Burns that the fifth race on the pari-mutual on the card would be my race as only a field of six were

entered. After calling a four-horse race with no one in the stands, a six-horse field in front of many on track, on simulcast and at OTBs, should be a snap.

Burns gave me a few pointers, all of which were worthless to this novice. He said use binoculars, remember the horse's name with the number and if possible, the driver's colors that goes with the horse.

Well, I realized things weren't going to work well. I had problems with the binoculars as my reading glasses took away my vision in them. I needed my glasses to see the numbers on the backstretch.

Secondly, Robin showed his professionalism as he called the horses out by name and driver without using the program. He already had the names and driver's memorized. Talk about a tough act to follow.

Or me looking for excuses or for a better term, stage fright.

I was able to introduce the horses and drivers as they paraded to post for the schooling race, but as post-time got closer, my feet got extremely cold on this warm afternoon.

I gave Burns the program and binoculars and said, "I ain't ready yet" and he proceeded to announce the race without a hitch.

He made it look so easy, but I was still on for the fifth race. I watched in awe as Burns gave me tips throughout the first four races. He never looked at the program for more than a minute to know the horse's names and the driver. My reaction deep inside was "YIKES."

He attributed his memorization to being the race secretary; knowing all the facts of each race with his experience in the race office on a daily basis. But his photographic memory and mind was all it took to scare me out of the moment.

The fifth race came up and of course Burns noted that my race call was going to be heard all over North America, not just at Buffalo Raceway. As he put it nicely, "thousands will hear you."

At that point, I said bluntly, "I can't do this Robin; you do it."

After the fifth race finished, probably the easiest call a race announcer could ever want, a wire-to-wire job, Burns said, "Well there goes your story."

On Monday, Buffalo Raceway public relations director Jon Cramer called to see how things went. I told him I didn't do it and explained how I chickened out.

After the laughter had subsided on the phone, Cramer said, "You should do a story about the story you didn't do."

Ironically, a couple months later, I was talking to Batavia Downs race announcer Joe Zambito about my never-started career of race announcing.

He offered me a chance to do it at Batavia Downs. I quickly and politely turned down the opportunity.

I learned that race announcing isn't an easy job at all. I have great respect for Burns and Zambito, who do it 12 times a night without a hitch.

I also learned I was a chicken.



Photo by Paul White

Foiled Again and driver Matt Kakaley are home free and all alone at the finish line in the 7th Annual Robert J. Kane Memorial Pace at Batavia Downs. Foiled Again covered the mile in 1:52.3 in notching the win.

## Foiled Again captures Kane Pace at Batavia Downs

By Brian J. Mazurek

The track record remains in place but it was still an impressive win for Foiled Again as he captured the Seventh Annual \$40,000 Robert J. Kane Memorial Pace at Batavia Downs.

With Matt Kakaley in the sulky, Foiled Again paced the mile in 1:52.3, scoring a 31/2-

length victory over Special Report and Larry Stalbaum while Eagle Real One and driver Gareth Dowse checked in for show.

Trained by Ron Burke, Foiled Again went wire-to-wire in scoring the win. There was little doubt throughout the race and the only question on the chilly night was if the track record would be broken.



Batavia Downs Casino presented the Western New York Mercy Flight a check for \$15,634.35 recently thanks several different fundraisers including a Family Fun Day at the track and a golf tournament. Pictured left to right are Michael Kane, Vice-President OTB; Todd Haight, Promotion Marketing Specialist OTB/BDC; Douglas Baker, CEO of Mercy Flight of WNY; and Fred Hamilton, chairperson of golf tournament.

Photo by Paul White

NEW YORK  
**AIRGUARD**  
PART-TIME BLUE. FULL-TIME YOU.

- ▶ Steady Paycheck
- ▶ Paid Job Training
- ▶ Low-Cost Health Insurance
- ▶ Free SUNY Tuition
- ▶ Prior Service Welcome (All Branches)

GoANG.com or 1-800-TO-GO-ANG



7TH ANNUAL  
**ROBERT J. KANE**  
MEMORIAL PACE



OCTOBER 10, 2009

FREE T-SHIRTS to the  
first 750 customers!



8315 Park Rd · Batavia, NY  
585-343-3750  
bataviadownscasino.com

2009



FRIDAY  
& SATURDAY  
NOVEMBER 6 & 7  
SANTA ANITA

THE SPORT OF KING'S  
CROWING MOMENT

2 DAYS!

\$25 MILLION IN PURSES  
14 WORLD CHAMPIONSHIPS



westernotb.com

## UFC: The battle of Rochester...will be in Las Vegas

Jon "Bones" Jones on fighting Matt Hamill and why Jon may not be the most famous athlete in his own family

By Ivan the Impaler

The ironies stack on top of each other, like autumn leaves raked into a pile.

Last month, we spoke to UFC star Matt Hamill, an RIT grad coming off knee surgery and awaiting word on the identity of his next opponent. By sheer coincidence, I soon learned that his opponent would be Rochester, N.Y. native Jon "Bones" Jones. The contest, Dec. 5 on Spike TV, features two light-heavyweight fighters with Rochester connections facing each other with title contendership consideration at stake.

How'd I find this out?

Simple: I found out from Jones himself.

Bones Jones made an appearance at the Ragin' Wolf V MMA event at the Seneca Niagara Casino on Oct. 10. He talked about the match-up with Hamill, when two men with Rochester roots will do battle.

"There's no hatred or anything like that. It's strictly business, and whoever wins this match is going to be the guy who has been working harder in the gym. It's all business. I don't know Matt personally, so it's going to be no different to me."

Jones' MMA record, in his own words, is "9 and 0, soon to be 10 and 0" he says with a laugh.

We asked if his win over Stephan Bonner, one of the stars of *The Ultimate Fighter 1*, was the fight that put him on the map in terms of name recognition. Jon replied: "Definitely. The Bonnar fight was by far my most impressive fight to date; he is a really big name. Everything happens for a reason, so this is why I got this opportunity."

Jon became interested in freestyle wrestling as a youth. "My father was a wrestler at Edison High School," says Jones. "He always used to wrestle with me in our living room and teach



Photo courtesy UFC Photo

Jon "Bones" Jones is ready to take on Matt Hamill.

me little things; I was always intrigued with it. One day my older brother, Arthur, came home with wrestling gear and said he joined the wrestling team. I didn't want to be left behind, so I got my headgear the next day."

If you're a college football fan and the name Arthur Jones rings a bell, there's a darned good reason:

Arthur is a starting defensive tackle for Syracuse University, and is currently projected by Scouts, Inc. and other pro draft organizations to be a first-round pick in the 2010 NFL draft. Furthermore, younger brother Chandler is a defensive end for 'Cuse.

The trip from collegiate wrestling to MMA, according to Bones, "was just a great transition for me. I was an athlete and my skills were as a college wrestler. Mixed martial arts was just the closest thing to being an athlete and being a wrestler, so it was almost like a no-brainer for me." He was trained, amongst others, by Greg Jackson, who worked with Georges St-Pierre and Niagara Falls native (and former UFC Light Heavyweight Champ) Rashad Evans.

When asked if he followed pro wrestling growing up, Jon says "(To me, pro wrestling is) strictly entertainment. I was def-

initely interested in it when I was younger; I followed some characters. But it's really not my thing. I'm strictly into MMA and really beating people up. I do respect pro wrestlers; I realize those guys are just as athletic as us, but they just use it in a different way."

Jones is one of the youngest fighters in UFC and has been on the undercard of several PPVs already. Now, he gets his chance to shine on a worldwide cablecast. One can only imagine if he wins, and his brother gets picked in the first round of next year's draft, the debate in the Jones household over who is the bigger athlete under the roof.

But when Jones takes on Hamill, it'll be the battle of Rochester. The downside is that it'll be fought on Nevada soil.

Someday soon, when the New York State Legislature legalizes MMA, we'll be able to fight our battles on our own turf.

\*\*\*\*\*

Footnote to the UFC show on Dec. 5: Two participants in this season's TUF (*The Ultimate Fighter*) competition will be fighting for a guaranteed UFC contract. Rashad Evans has been training the participants along with Rampage Jackson; as of this date, Evans' students have been dominating.

\*\*\*\*\*

At the aforementioned Ragin' Wolf MMA show at the Seneca Niagara Casino, a Standing-Room Only crowd saw Yves Edwards beat Kyle Jensen by ref stoppage at 2:44 of the first round. In the co-main event, Raging Wolf crowned its first-ever champion: Alexis Davis beat Molly Hesel by unanimous decision to become the Women's Flyweight Champ. The next Ragin' Wolf event is tentatively set for Jan. 23; check [www.ragingwolf.com](http://www.ragingwolf.com) for details.

## News and notes in pro wrestling

NWA NY returns to Rochester on December 5  
By Ivan the Impaler

1) The next big local card will be the NWA NY show in Rochester, N.Y. on Saturday, Dec. 5 at the German House on Gregory Street. The German House is a great venue for wrestling; fans from both Rochester and Buffalo will want to be there for this show.

Pepper Parks will again defend his NWA NY Heavyweight Title against Gabe Saint, who went out of his way to try to injure Pepper after their previous encounter in October. Gabe had been a fan favorite up until then; many are perplexed by his new cynical and vicious approach.

A battle of former "old school" and "new school" ECW stars will take place...sort of. ECW Original Danny Doring will be taking on the members of the Young & The Wrestlers (Gino and Nick Ando, along with Superbad Richard Venice) in a 3-on-1 handicap match. The Y & W are the protégés of recent-ECW star Colin Delaney, who obviously expects them to do his dirty work. (Delaney has his hands full when he faces Mean Marocs in a 1-on-1 encounter.) Has Doring bitten off more than he can chew? Will Colin's arrogance continue to grow? Will Superbad's waist size continue to grow?

2) Booker T's contract with TNA Wrestling expires this month. While nobody knows for certain, it's expected that he will NOT return to TNA, and may return to WWE after leaving there in summer of 2007.

3) Speaking of WWE, pretty much everyone in the wrestling business (and by "The Business," we mean

"The Industry") was stunned when Shane McMahon announced he'd be leaving his executive position with WWE at the end of 2009. Shane had been primarily involved in New Media and negotiating television deals.

No public statement was given for the reasons behind his departure or where his future plans lie. Some thought that he was going to work full-time on his mother's campaign for the U.S. Senate (an entire column in itself), but it seems he would've made that clear in his press release if that were true.

4) If you saw the movie "The Wrestler," you'll remember Necro Butcher, who wrestled Randy the Ram in a bloody Weapons Match. Well, Necro recently won the Jersey All-Pro wrestling tag team titles along with his new partner: Big Rig Brodie Lee. Brodie, who is a frequent agent of destruction on the local scene, teamed with Necro to form the Hillbilly Wrecking Crew. Big Rig will also be appearing at the NWA NY show on Dec. 5.

5) Best wishes for a speedy recovery to local wrestler Will "Mastiff" Calryssian, who is sidelined following a skull fracture suffered in a match.

6) WWE recently ran televised shows in Buffalo and Rochester. At Raw in Buffalo, NASCAR driver Kyle Busch was the guest host along with Some Other Guy. In Rochester for the ECW/Smackdown telecast, Superstar Rob Schulz was visible in the audience.

### Upcoming Events

Sunday, Nov. 8- Buffalo Championship Wrestling - Presented by Skull Wrestling Productions Inc. - Lake Erie Italian Club, 3200 South Park Ave. - Lackawanna,

N.Y. 4 p.m. Bell time - For tickets, call 716-472-3059 or e-mail [troybuchanan@yahoo.com](mailto:troybuchanan@yahoo.com)  
Sat. Nov. 14 - Ring of Honor - International Centre, 6900 Airport Road - Mississauga, Ontario, Canada - 7:30 p.m.

Saturday Dec. 5 - NWA NY - The German House, 315 Gregory St. - Rochester, N.Y. - 6 p.m. Bell time - See [www.nwaupstate.net](http://www.nwaupstate.net) for details and ticket info.

Sunday, Dec. 27 - WWE (Raw brand) - HSBC Arena - Buffalo, N.Y. - 5 p.m.

Wednesday, Dec. 30 - WWE - Carrier Dome - Syracuse, N.Y. - details TBA

Saturday, Feb. 6, 2010 - NWA NY - Rochester, N.Y. - details TBA

### Television

The Undisputed Top Local Wrestling Program in WNY and Beyond is No Limits TV, featuring the finest wrestlers from Buffalo, Rochester, Southern Ontario and beyond! You can watch the action, courtesy of Big Guy Productions, in Rochester at 3 p.m. Sundays on My18 (WBGTV-TV). In Suburban Erie County, it's on Time-Warner Cable Channel 20 every Saturday at 4 p.m., with replays Mondays at 11:30 p.m. Also, WrestleVision airs in Niagara County at 4 p.m. on Saturdays on Time-Warner Channel 20.

### Radio

It's worth getting up early on Saturdays to listen to The Pain Clinic, heard at 10 a.m. on WHTK (Hot Talk 1280) in Rochester. Cashman Rich Jones and his Trained Assistants have all your wrestling news and commentary, along with special guests. Not in Rochester? Then listen on the "interweb" at [www.feelthepain.net](http://www.feelthepain.net).

## Local boxing happenings

By Bob Caico

The Knockout Factory in Salamanca hosted a seven-bout card during the 32nd Annual Falling Leaves Festival. Teams from Rochester, Buffalo, Syracuse and Erie joined the host club. The results are as follows.

Shay Blue (Syracuse) defeated Cedric Mitchell (Rochester)

David Rivera (Buffalo) defeated A.J. Horne (Erie)

Natalie Garcia (Erie) defeated Serena Resendiz (Salamanca)

Ashley Hamilton (Rochester) defeated Shannon Barie (Salamanca)

D. J. White (Syracuse) defeated Eric Oliverio (Salamanca)

Wilmont Wood (Rochester) defeated Martez Potter (Syracuse)

Sean Stahlman (Salamanca) defeated Adam Farrell (Erie)

\*\*\*\*\*

Ross "The Boss" Thompson (27-14-2) returned to the ring on Oct. 3, dropping a six-round unanimous decision to Daniel Sackey (13-1-1) of Georgia formerly of Ghana. The fight was held at Fitzgerald's Casino & Hotel in Tunica Mississippi. Thompson weighed a career high 195 pounds.

Felix Mercedes of Buffalo is 3-0 and is sched-

uled to box Nov. 21 at the Casino Rama in Canada.

James Ventry (7-10-1) of Niagara Falls lost a tough unanimous decision to Omar Chavez (18-0-1) in Madison Square Garden on Oct.10. Chavez is the youngest son of legendary boxing champion Julio Cesar Chavez.

Jermell Barnes of Rochester was stopped in the sixth of a scheduled eight-round contest on Oct. 24 in Washington D.C. Barnes was defeated by Seth Mitchell (14-0-1) of Maryland.

\*\*\*\*\*

At Singer's Gym. The 21st Annual Courier Express Golden Gloves tournament was held 60 years ago, Dec. 5, 1949, at Memorial Auditorium. Tickets were priced at \$1 for the upper 6,000 seats, \$1.50 for the middle 4,000 and \$2 for the remaining 2,000 seats. A near packed house witnessed 16 champions, eight each in the open and novice class. The 1949 winners were:

### Open Division:

#### Flyweights

Tommy Maddox (Buffalo) defeated Bob Kopaek (Buffalo)

#### Bantams

Hughey Price (Buffalo) defeated Frank Nardollilo (Buffalo)



Photo by Bob Caico

Dorin Spivey collected the NABA belt on November 6th at the Buffalo Niagara Convention Center. Nick Casal, Guillermo Sanchez and Lionell Thompson were local winners on the professional card promoted by Nick Garone.

### Feather

Idolo Madau (Hornell) defeated Tommy Mantino (Buffalo)

### Lightweights

Joe O'Leary (Buffalo) defeated Joe Roselle (Jamestown)

### Welter

Willie Green (Buffalo) defeated Gene Poirier (Niagara Falls)

### Middle

Jimmy Raymond (Buffalo) defeated Williams Charles (Buffalo)

### Light heavy

James Plenty (Buffalo) defeated Milton Page (Buffalo)

### Heavyweight

Leroy Rawls (Buffalo) defeated Donald Rust (Buffalo)

### Novice Division:

#### Flyweights

Roland Hackmer (Lockport) defeated Mickey McGuire (Buffalo)

#### Bantams

Sammy Cooper (Buffalo) defeated Richard McKee (Buffalo)

#### Feather

Eddie Nowak (Lackawanna) defeated Jimmy Murray (Buffalo)

#### Lightwtg

Gene Seaman (Buffalo) defeated Godfredo LaBoy (Angola)

#### Welter

Charley Mitchell (Jamestown) defeated Isadore Zendano (Buffalo)

#### Middle

Howard Green (Jamestown) defeated Frank Platt (Buffalo)

#### Lighthavy

George Supples (Buffalo) defeated Harry Green (Buffalo)

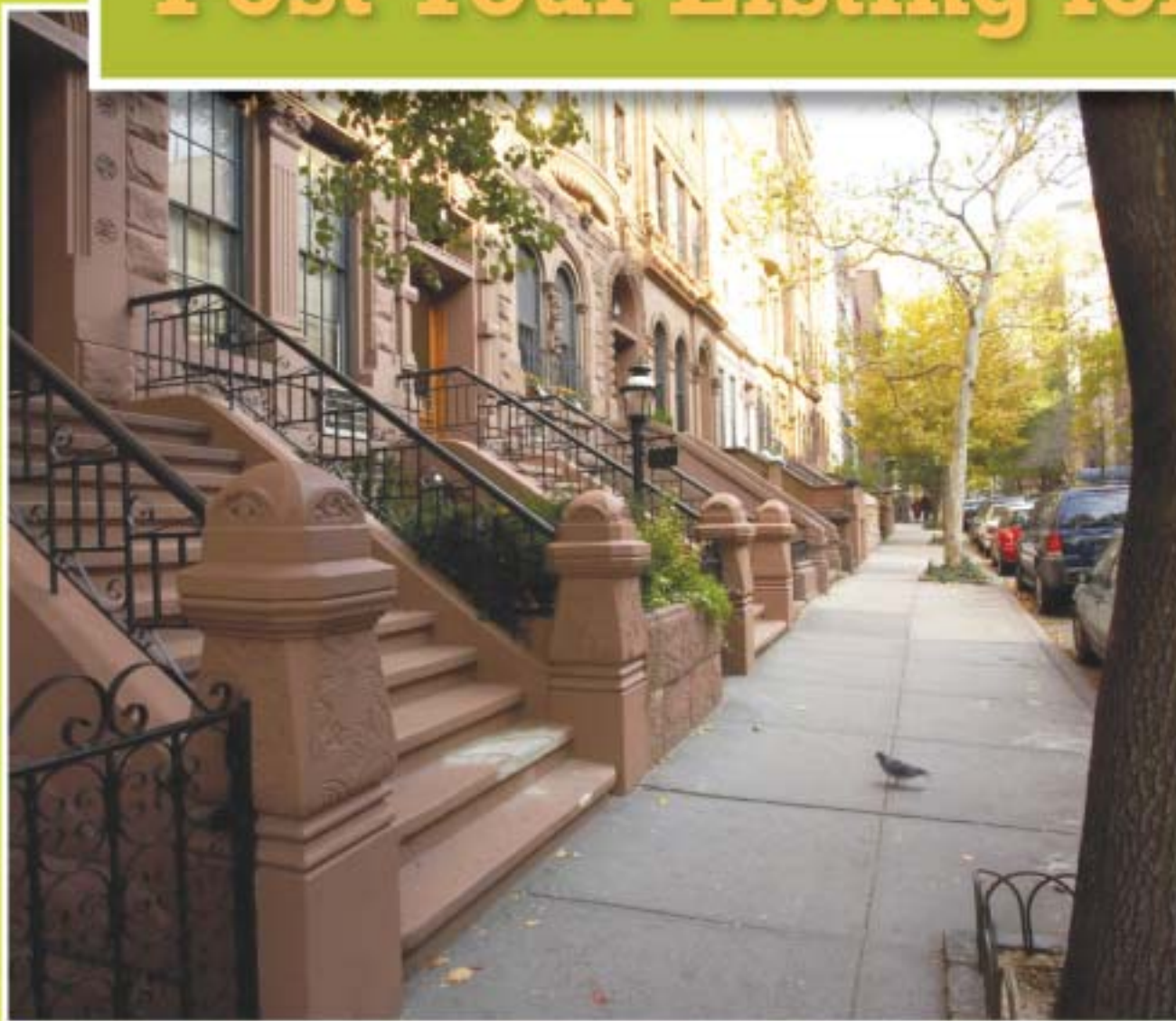
#### Heavyweight

John Roberts (Buffalo) defeated John Stevenson (Lackawanna)

The referees were Sammy Sacco and Tony Schoell.



# Looking for Tenants For Your **Smoke-Free** Units? **Post Your Listing for Free!**



It's quick. It's easy. And best of all, it's **FREE!** If you have smoke-free rental units available, just list them with us. With nearly 70% of New York renters preferring smoke-free buildings, they're looking for units just like yours. List them now at [www.SmokeFreeHousingNY.org](http://www.SmokeFreeHousingNY.org).



**585-442-4260 ext 104**

Interested in making your building smoke-free? Contact us.