

Medfield 3, Medway 0: Medfield moves on

By Matt Serocki/Daily News correspondent

MetroWest Daily News

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MEDFIELD — Anytime Medfield's Jack Hastings has seen Tri-Valley League rival Medway on the schedule in his 19 years as head coach, he knows his girls are in for a tough match.

Though his Warriors swept the Mustangs in their two regular-season meetings and then again in a tournament a couple weeks ago, Hastings knew that Medway would be a tough out in the Division 2 Central semifinals.

In last night's matchup, the top-seeded Warriors completed another sweep of their longtime league and respected rival, fifth-seeded Medway, 25-16, 25-19, 25-14.

"They're a great group of kids," Hastings said of Medway. "They compete very well against each other. It's always a good rivalry."

Hastings, in fact, coached Medway's standout Ellie Brennan in the Bay State Games last summer. "They're great kids," he added. "They're a classy group of kids. I've seen them since they were freshmen."

Hastings was extremely familiar with Medway, but is not with his next opponent. The Warriors (19-2) play Hockomock League power and the second-seeded Canton Bulldogs (19-2) for the Division 2 Central title tomorrow (3 p.m.) at Medway High.

"We haven't played them before, so we don't know what to expect," Hastings said.

In Game 1 last night, Medway jumped out to a 2-0 lead on the serving of senior Bri Abramo. After that, junior middle/outside hitter Georgia Naumann of Medfield served for the next seven points to lead the Warriors to a Game 1 win.

The rivalry was established early on, as both teams battled vigorously for a key point in the first game when Medfield had a 22-15 edge. In the opening stages of the first game, Medfield senior co-captain Melissa Haskell asserted herself as a force all over the court, particularly at the net, collecting three kills and also three service points. Naumann contributed nine service points to the Game 1 victory.

Overall, Haskell had nine kills, 11 service points and a dig for the Warriors. "She's a senior and has been working hard for us for awhile," Hastings said.

Fellow senior co-captain Caitlin Barrett also had a strong night, adding six kills and numerous blocks. The southpaw senior was a monster at the net, blocking several Medway comeback attempts in Games 2 and 3.

"She's (Barrett) been with us for two straight (Tri-Valley League) championships," Hastings said. "She played with her two other sisters in 2005 and she started and was a main contributor for us then as a freshman."

The Medfield win was certainly a team effort in Hastings' eyes.

"All seven of those girls have put in a lot of hard work on the court and that's what's got us to this point," he said. "And they're not done. They know what happened last year. We ended up getting knocked out by Westborough who ended going and winning the state championship."

The Warriors avenged last year's loss to Westborough this year by knocking out the Rangers in the quarterfinals, 3-0.

For Medfield, junior libero Allyson Le-Bruno and junior outside hitter Morganne Gagne had strong performances, and juniors Jessica McLeod and Jenn Nelson also played well.

In his first year as Medway's head coach, Bill Dwyer knew his season was a success despite the loss.

"The girls have been in the program a long time, so it wasn't a surprise that we had a good year," Dwyer said. "They play extremely well together."

"He's got some good kids to build with," Hastings said of Dwyer's team.

Abramo and seniors Elise Trelegan and Sara Burgett had strong performances for the Mustangs (15-4).

"Bri had a fantastic game in the back row tonight for us," Dwyer said. "All of our seniors were in there tonight and played well for us."

Dwyer is especially proud of his eight seniors.

"I was the JV coach, so I have been here for their four years," Dwyer said. "It was a senior-dominated team and it's been fantastic to watch them."

The Patriot Ledger

Braintree figure skater has her sights set high

**By Dick Trust
For The Patriot Ledger
Posted Nov 07, 2008**

BRAINTREE — The passion is there, the love for figure skating as bright in her blue eyes as the shimmer of a newly surfaced sheet of ice.

Jaimee Fernald can't get enough of it.

"She's the one who makes me go to the rink," said Fernald's mother, Beverly. "When I say, 'Oh, I don't feel like going today,' she says, 'Mom, we're going to the rink.'" They go to the rink.

Beverly Fernald is not only Jaimee's mother; she's one of her three skating coaches, along with Ronna Gladstone and Debbie Sinclair. She knows where Jaimee's going – to U.S. Figure Skating's Eastern Sectionals Nov. 11-15 at the Skating Club of Boston – and she knows where she's been.

Soft-spoken but fiercely competitive, Jaimee, 18, eagerly awaits her first time in sectionals.

"My main goal is just to skate the best I can," said Fernald, a senior at Thayer Academy in her hometown of Braintree. "I want to do a perfect short program and a perfect long program." The top four finishers in each division – Fernald is in Senior Ladies – advance to the USFS nationals Jan. 18-25, 2009, in Cleveland, Ohio.

"I would love that," she said of her possible slot in the national competition. "That would be amazing." Fernald was a first-time qualifier for the Eastern Sectionals with a fourth-place finish in the New England Regionals Oct. 2-5 at The Bog ice arena in Kingston.

Her regimen leading up to sectionals is routine, to her: skating three hours a day six days a week at her home base, the Commonwealth Figure Skating Club at Zapustas Arena in Randolph, and off-ice training that includes 45 minutes of pilates every other day and some running.

Fernald is an honor roll student who juggles well her load of schoolwork with the demands of her skating. She has learned the fine art of time management.

"When I get home from Thayer," she said, "I have about a half-hour before I go to skating and just in that half-hour I try to do as much homework as I can. Then, when I get home after skating, I do homework. Whenever I have time to get it in, I do as much as I can." The road to the sectionals has been paved with high moments, but there have been lows as well.

Fernald won Senior Ladies gold in the Bay State Games last year, won Juniors the year before, and captured the Games' sportsmanship award twice. She has taken first place in The State Games of America in Colorado, and won her home club's Karen Cashman Award for most points in competition eight consecutive years. Cashman, from Quincy, was the 1984 bronze medalist in short track speedskating.

Among the lows, Jaimee was born with a congenital abnormality: Three vertebrae in her back and two in her neck were fused together. That often requires physical therapy, causes pain on and off the ice and, in a sport that requires great flexibility, limits, well, her flexibility.

"Her back can only bend so far," said Mrs. Fernald. "Doctors tell her that when she's in more pain than normal, on that particular day, 'cut down on your training. You know your own tolerance for pain.' They've ruled out surgery at this point. They say, 'Jaimee, just keep doing what you're doing: Keep skating and moving.'" Ever the fighter, she has never considered quitting her life on skates because of the pain, saying, "I just try to get through it the best I can."

It's no surprise that Jaimee is on blades. She comes from a skating family. Her mother skated competitively until she enrolled at Boston College (Class of 1978). Her father, Joe, is a BC grad ('77) who played two pro hockey seasons in France. Her older brother, Joey, is a senior tri-captain on the hockey team at Saint Anselm College. Her younger brother, Sean, is a sophomore on the Thayer hockey team. And her uncle and next-door neighbor is Billy O'Dwyer, whose five-year National Hockey League career included a stint with the Boston Bruins (1987-90).

Fernald can trace her skating roots to the pond her dad built in their back yard. She was 2 years old when she first strode upon the frozen surface. "She took to it from the first day we put her on the pond," her mom said. "As soon as they could walk, we put all the kids on skates." As she grew and her skills widened, Jaimee was cheered on by her grandmother, Beverly Messina, her mom's mom, who died of bone cancer three years ago. She was 71.

"My mom was Jaimee's biggest fan," Mrs. Fernald said. "She was in a wheelchair the last time she went to see Jaimee skate, watching her in the New England. My mother said, 'Jaimee, don't worry, honey, I'll always be there for you, I'll always be on your shoulder when you skate.'" "That was the first thing we thought about when she qualified for sectionals. I said, 'Jaimee, Grammy was there for you.'"

Registration now open for 2009 Bay State Winter Games

**By Staff reports
Fri Nov 07, 2008**

Woburn - Registration for the 2009 Bay State Winter Games is now open, as the annual Olympic-style amateur sporting event celebrates its 24th year in Northern Berkshire County.

From Friday, Feb. 6, to Sunday, Feb. 8, 2009, individual competitions in Alpine Skiing and Figure Skating, and team competition in Masters Ice Hockey will take place.

Since its inception, the Berkshires have played host for all events in the Bay State Winter Games.

Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to 60 plus.

The 2009 Figure Skating competition will take place at the Lansing Chapman Rink on the campus of Williams College in Williamstown, and features both ISI and UFSF competition for males and females. In order to allow more athletes to participate in the USFS portion of the competition, the Bay State Games will be including both restricted and unrestricted events in most levels this year. Masters Ice Hockey will be played in two divisions, 40 plus and 50 plus, at the Vietnam Veterans Memorial Skating Arena in North Adams.

For the first time, Alpine Skiing has added Open and Masters divisions for athletes 19-35, and 36 and older, respectively. In addition, a Scholastic division is open to participants in grades 9 through 12 as of the 2008-2009 academic year.

On Saturday, Feb. 7, at 7:30 p.m., the Bay State Skate Show will take place at the Lansing Chapman Rink at Williams College. The show will feature Bay State Games Gold Medal winners, regional figure skating champions, and a special feature skater.

Tickets for the event are \$10 and can be purchased at local Berkshire businesses or by contacting the Bay State Games. All other skating competitions are free of charge for spectators.

For more information regarding the Bay State Winter Games including schedule of events, how to become a volunteer, and to register, please visit www.baystategames.org, or call the Bay State Games' office at 781-932-6555.

The Boston Globe

Globe South

Brockton man, 76, wins older worker award

By Paul E. Kandarian
Globe Correspondent / November 9, 2008

HE CONTINUES TO SERVE: William Lutz (inset) has seen - and worn out - his share of shoe leather. Lutz, 76, of Brockton, has been selling shoes for 56 years, walking back and forth from store floor to storeroom to retrieve shoes for his customers. Most recently, Lutz has been a sales associate for Macy's in Brockton since 1995.

For his longtime effort, Lutz was named the 2008 Outstanding Older Worker for Massachusetts, by Experience Works, the nation's largest provider of training and employment services for older workers. He was among winners from every state honored in Washington recently, at the Experience Works Prime Time Awards Program.

"I started at Edgar's Department Store in Brockton, which isn't there anymore, then went to Campello Shoe," said Lutz, rattling off names of old stores in the city that was once a world-renowned shoe manufacturing center. "I worked some in Lexington and then Boston Shoe in Norwood."

One of the biggest changes in the business is not helping people try on shoes anymore, he said. Now, salesmen just get the shoes from the back and the customer slips them on. Another big change, he said, is that 99 percent of shoes sold in America are made in Asia.

He still logs a lot of walk time, going back and forth from the front of the store to the back, though "the doctor doesn't count that as exercise," he laughed. He also walks around Westgate Mall, where Macy's is located, and plays golf.

"William Lutz is a wonderful example of how seniors who stay active, physically and mentally, can continue to make valuable contributions to the workplace and their communities," said Cynthia Metzler, CEO of Experience Works, a nonprofit organization.

Lutz and his wife also volunteer for the City of Brockton and the Brockton Historical Society.

OUTSTANDING ATHLETES: Two area youths have been named Bay State Games 2008 Athletes of the Year. The Massachusetts Amateur Sports Foundation recognized Shaquana McDonough of Pembroke and Kyle Larrow of Carver from a field of 7,000 athletes who competed in this year's summer and winter games. Both participated in the 2008 Summer Games in Boston, with McDonough competing in basketball and soccer for the coastal region and Larrow in baseball for the coastal region.

McDonough attends the Learning Center for the Deaf in Framingham, and was also named Deaf Athlete of the Year among Massachusetts high schoolers. Larrow is a senior at Boston College High School and also won a Verizon Future Leaders Scholarship, awarded to six Massachusetts high school juniors who participated in the Bay State Games.

Second half goals too much for Saugus girls soccer

By Richard Tenorio / The Daily Item
Sunday, November 9, 2008

NORTH ANDOVER -- F. Scott Fitzgerald said that there are no second acts in American lives. The North Andover girls soccer team is probably happy that there are second halves in American high school soccer.

Scoring both goals of the game after intermission, North Andover defeated Saugus, 2-0, in MIAA Division 2 North first-round action at Joe Walsh Field on Friday.

"We were just a little step slower getting to the ball in front of the North Andover net," Saugus coach Ted Moriello said. "We waited for it to come to us. Most times, it didn't."

The Sachems, seeded 13th of 15 teams, finish the season 9-8-3.

"We needed to get more bodies forward," Moriello said. "We didn't have enough to sustain the attack."

North Andover advances to the quarterfinal round on Tuesday. The Scarlet Knights could face another Northeastern Conference opponent, as their next foe is the winner of today's Swampscott-Wakefield game. Despite the disappointing ending, Saugus did play the No. 4 Scarlet Knights to a scoreless tie at halftime. North Andover coach Bud McCarthy didn't like the way his team began the game.

"We came out pretty flat," McCarthy said. "I was a little disappointed. In the first half, we didn't control very well and we didn't move well. In the second half, we played better."

North Andover (15-3-1) also started scoring. At the 30:08 mark of the second half, the Scarlet Knights got on the board with Jackie Sullivan's goal on a corner kick against Sachems netminder Lauren Garchinsky.

"It's 24 feet across that net," Moriello said. "It's hard to defend it all."

North Andover got some insurance when, at the 19:22 mark, DeeDee Fagan scored off a Jenn Pino assist.

While Saugus couldn't muster any scoring against Scarlet Knights goalie Maya Miatkowski, several Sachems performed well, including sophomore Kaleigh Evans, whom Moriello called "a good player, a good scorer," as well as Alissa Wilkie and Belinda Cresta-Devine. Moriello also described freshman Gabby Cogliano as "a fan favorite" who "looks like a senior."

Regarding Garchinsky, Moriello said, "I think she played great. I think she did. She came out when needed and made good saves."

McCarthy had praise for the Sachem players he knew from the Bay State Games as the North team coach - Wilkie ("God, I can't forget her"), Jill Herr ("She did not play for us. She tried out. We really wanted her") and Cresta-Devine.

"Saugus played tough," he said. "We knew they were strong defensively."

However, McCarthy also saluted several players on his own defensive end, including Lauren Bova ("a real good, strong game," he said) and Miatkowski.

"(Miatkowski) did fine," he said. "She did what she needed to do. She positioned herself well."

Fitzgerald, scribe of the Jazz Age, described his contemporaries as "boats against the current, borne back ceaselessly into the past."

For Saugus, however, the future looks promising after a solid defensive effort and contributions from underclassmen against a formidable foe in its tourney finale.



November 10, 2008

Registration Now Open For 2009 Bay State Winter Games Celebrating 24 years of athletic competition in Northern Berkshire County

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Since its inception, the Berkshires have played host for all events in the Bay State Winter Games. Athletes participating in the Winter Games represent over 200 Massachusetts communities, and range in age from 8 to 60 plus.

"The Northern Berkshires have become a second home of the Bay State Games," said Kevin Cummings, the organization's executive director. "Each of the previous 23 Winter Games has been held in the Berkshires and we are very appreciative of the support that we receive from area citizens and businesses. We are looking forward to another great year!"

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