

Visit Us at Visit Us at www.HoneoyeFallsMarketplace.com www.MendonMarketplace.com

for great savings, unadvertised specials, healthier eating, hometown happenings and more!



HF-L tennis holds two wins

BY DONNA MACKENZIE

With nine players returning from last year's Section V Class BB title winning squad that held a 9-5 record, the Honeove Falls-Lima Girls Varsity Tennis team has hopes for another good season this

Among the players HF-L coach Josh Bartolotta welcomed back is three-time Section V Class B singles champion in sophomore Quinn Gleason. Gleason is ranked 25th in the nation in the girls 14-and-under age category. Other veterans are seniors Chloe Farmer, Cara Farrell, Gabriella Izzo and Sarah Kaczmarek, juniors Laura Mueller, Ginny Tate and Teresa Weissend and sophomore Hailey Roth. Gleason was the All-Greater Rochester Player of the Year, on the AGR first team and a Monroe County All-League first team selection in singles. Farrell was a Monroe County All-League second team pick in doubles, Weissend an All-League second team selection in singles and Roth an All-League honorable mention in singles. Newcomers are sophomores Alexandra Gilligan and Brianne Kaufman.

HF-L opened its season in the Oneida Tournament in Utica on Sept. 4, a tournament that featured teams from the Rochester area, Albany area and Syracuse area. Each team had three matches with each match featuring three singles contests and four doubles contests as opposed to the four-single, three-double format used in Sec-

BY DONNA MACKENZIE

The Honeoye Falls-Lima

Boys Varsity Soccer team began to

find the back of the net last week

and it paid off in the form of a

victory and tie in the squad's two

of shots but not scoring a goal in

regulation play during its first three

games, HF-L had four goals. The

Cougars opened the week with a

3-2 win in overtime over Brighton

on Sept. 14. Mickey Allan tallied

the first goal with an assist from

Constantine Deir in the first half. A pair of newcomers to the varsity,

iuniors Todd Alexander and Greg

Buisman, teamed up for the second

goal. Alexander served a good pass

from the right side to Buisman.

who knocked the ball in for a 2-1

lead in the second half. Brighton

- Sunday, September 27th is the date.

After generating a number

contests.



Teresa Weissend is one of the top returners for the HF-L tennis team. Photo by Donna MacKenzie

tion V. The Cougars dropped a 6-1 match to Shenendehowa from the Albany area with Gleason winning her match 10-0 at first singles in the 10-game pro-set format. HF-L edged Liverpool 4-3. Gleason again won in first singles by 10-0. Weissend and Roth paired up in first doubles for a 10-1 victory. Farrell and Farmer won 10-2 in second doubles. Kaczmarek and Kaufman battled in third doubles for a 10-9 (7-5 tiebreaker) win. The Cougars fell 5-2 to Fairport with Gleason winning the first singles by 10-1 and Weissend and Roth gaining a 10-1 victory at first

The Cougars roared past Eastridge 6-1 on Sept. 9. Gleason shut out her opponent 6-0, 6-0 in first singles. Weissend cruised past her second singles opponent by 6-0. 6-0. Roth netted a 6-0. 6-0 win at third singles. Farrell collected a 6-3, 6-2 win in fourth singles.

tied the game. In overtime, Buis-

man had a great kick off a restart

to Jim Burgasser, who headed the

ball into the far post with 3:00 left

for the game-winner. Jay Tallon

Victor on Sept. 16. The Blue Dev-

ils held a 1-0 halftime lead. Allan

tied the game for the Cougars,

taking a pass from Buisman and

tucking it past the goalie with 16

minutes remaining in the game.

also stepped up as far as putting

the ball into the back of the net for

24 and hosts Dr. Freddie Thomas

HF-L is at Eastridge Sept.

"Greg has made the most of his offensive opportunities," coach Mike Merrill said. "Mickey has

Tallon stopped nine shots.

HF-L (1-2-2) tied 1-1 with

made four saves.

Kaufman and Tate earned a 6-0. 6-1 victory at second doubles. Mueller and Izzo teamed up to win 6-0, 6-0 in third doubles.

Pittsford Sutherland topped the Cougars 6-1 on Sept. 14. In a rematch of last year's Section V championship, Gleason routed Sutherland's Elena Vidrascu 6-0. 6-0 in first singles.

"Teresa and Hailey played first doubles and faced a rematch with the doubles team from Sutherland which knocked them out of last year's state qualifier," Bartolotta said. "They lost this time 6-2, 6-2 but the match was much closer than that score indicated.'

HF-L is at Fairport Sept. 23 and hosts Irondequoit Sept. 25.

HF-L volleyball earns two wins

BY DONNA MACKENZIE

The Honeoye Falls-Lima Girls Varsity Volleyball team picked up its first two wins of the season last week to advance its record to 2-4 for the season.

HF-L overpowered Bloomfield 25-25-25 to 17-18-22 on Sept. 14. Gabby Morey finished with four aces, six kills and two blocks. Audrey Pease had a great passing game with 14 assists. Jessica Hughes notched

The Cougars fell to Victor 25-25-26 to 12-12-24 on Sept. 16. Morey had a great defensive contest with 12 digs to go with five kills. Pease collected 11 assists. Morgan Herrington tallied 16 digs, four blocks and two aces. The squad rebounded with a 25-25-25 to 18-11-18 victory over Bishop Kearney on Sept. 17. Herrington had the best game with 12 kills and seven aces.

"Morgan had a very strong game," coach Rene Monks said. "We had two setters working together with Audrey and also Chelsea Jonas. Kearney did not attack the net very much.'

HF-L hosts Eastridge Sept. 24 and is at Brighton Sept. 26.

DENTISTS



(585) 226-2120 39 West Main Street, Avon

ANTHONY C. SHIDELER, DDS 624-2910 General Dentistry

67 West Main St., Honeoye Falls

CARLA MURANO. DDS 624-1917 General Dentistry

for the entire family 14 South Church St . Honeove Falls

CHIROPRACTIC

Redding Chiropractic Associates Dr. David Redding

Providing care for: Neck & Back pain Headaches & TMJ pain, Shoulder & ann pann, sore Muscles & Joints, nbness & Tingling. Hip & Leg pain & Sports Injuries. age Therapy & Acupuncture available on site

582-1866 1879 Rochester Co

OPTOMETRY/OPTICAL

Dr. Barry T. Kissack 7 North Main St., Honeoye Falls

624-2585 Contact Lenses Surgical Consultants www.drkissack.com

MAIN STREET OPTICAL Honeoye Falls 624-2122 Contact Lenses

Support your local health care providers!

PHYSICAL THERAPY

Honeove Falls-Lima Physical Therapy



> 582-0034 David Monsees PT

utic / Functional Exercises

Manual Therapy
 State of the Art Exercise Equipment
 Most Initial Appointments within 24 Hours

Pittsford Mendon Physical Therapy 20 Assembly Dr., Suite 101



PO Box 212 Mend 582-1330 John H. Shuman PT

Specializing in Outpatient Orthopedics Sports Rehabilitation close to home Currently accepting all insurances (except Medicaid)

To place an ad in our Health Care Directory call The SENTINEL - 624-5470

PHYSICIANS



Caylinn Greenwood Mariesa Howe, MD Nadette Jacob, MD Devid A. Ness, MD Mary Kay Ness, MD Joseph Picce, MD d. MD

ysman, MD et Bank, MSN, FNP A Family Practice for your family Evening & Saturday Hours Available Visit our website at hfdocs.com

THOMPSON HEALTH FAMILY PRACTICE

Jeffe Margan, MD - Maily Schart, MB

LIMA

Jeffe Margan, MD - Maily Schart, MB

Kee Mathia, RPA

Health Care for the Whole Family
Accepting New Patients

7325 COMMUNITY DRIVE, LIMA

(\$85) 624-1960

PHARMACIES



WE CARRY A FULL LINE OF MIC

Ph:585-624-8010 Fx:585-624-8019 Assembly Drive Mendon, N

LIMA PHARMACY **Your Full Service Pharmacy** FREE DELIVERY! 1923 Lake Avenue, Lima

582-1140 We honor all major Third Party pla

Support Your Local alth Care Professionals!

SENIOR HOUSING

TOTIAKTON MANOR

enior Citizens. Disabled or handicapped of any age.

Accepting applications at: 200 Pine Trail, Honeoye Falls 624-1970

TDD 1-800-662-1220



email us! sentinel@frontiernet.net



"Where Acts of Kindness Happen Daily"

1000 Pine Trail Honeoye Falls, NY Phone (585)624-5970 www.pinehurstseniorliving.com

This will be the 13th year for the event, which will give one hundred or so area children, ages 5 to 12, a great athletic thrill with the running of eight age group races. Their cheering parents, friends and the many high school volunteers all draw inspiration from witnessing unbounded spirit, desire and fun. Participation is limited only to youth living in the Honeoye Falls-Lima school district.

Youth Trophy Cup Runs is this weekend The Honeoye Falls Youth Trophy Cup Runs event is this weekend

Sept. 26.

HF-L boys post first win

These cross-country style runs are 1/4, 1/2 or .9 miles, depending on Continued on page 7