

Mike Denis lifts to a 1st place in the WNPf

Mike Denis of Piercefield recently brought home a nice trophy from the WNPf Upstate Powerlifting Championships held at Ontario Center, New York on Sunday April 25.

Mike lifted in the 54-59 year-old division of the 181-pound weight class where he won first place in the bench only division.

Mike benched 275 pounds in his winning lift. He weighed in at 175 pounds.

Officials said he could have added another ten pounds and still made the lift, but Mike decided to play it safe rather than take the risk.

Denis trains at Tim Sextons' gym in Tupper Lake where he trains with Tim Sexton and Ray Bigrow.

He made the solo trip to the meet at Ontario Center, one of the biggest meets of its kind in the north.

"I just wanted to promote the sport and try to get the young kids involved," he said this week.

On December 6, Mike took first place in the WNPf Powerlifting Nationals at Bordentown, New Jersey, where he brought home a big trophy from that meet in the bench press division as well.

Lumberjack baseball team plays some close games

by Newton Greiner

The Lumberjack varsity nine were swept up in a double header vs. Norwood-Norfolk when they lost the first game 7-4 and fell behind in the second game 12-7.

In the first game Tupper Lake scored all four of its runs in the fourth inning on hits by Scott Paiement (2 hits including a double), and hits by John Harriman, Jordan Garrow, Joe Christmas, Andrew Clark and Matt Dechene.

Paiement, Harriman, Christmas and Nick Charon scored the runs for Tupper while Matt Dechene had three RBIs for the Lumberjacks in the first game.

In the second game John Harriman had two hits including a double and scored two runs; Andrew Clark had two hits an RBI and scored one run; Scott Paiement had a hit, two RBIs, and a run scored; Nick Charron had a base hit; Joe Salamy hit a double, had an RBI and scored one run; Joe Christmas had two RBIs and scored one run; and Jordan Garrow hit a

triple and scored one run in the game.

Garrow, Jake Klossner, Nick O'Neill and Oliver Planty pitched for Tupper Lake as the Lumberjack dug down deep into the pitching lineup to stay in the game.

The game started off tied at 1-1 in the first inning and stayed that way until the third when the Lumberjacks went ahead 2-1 in the top of the inning.

Norwood bounced back with a six run rally in the bottom of the third for a 7-2 lead. Tupper would score another run in the fourth and the score was 7-3.

After a scoreless fifth inning, Tupper Lake started off the top of the sixth with four runs to tie it up again at 7-all. Tupper Lake's commendable pitching in the bottom of the sixth preserved the tie going into the seventh inning. The Lumberjacks were held scoreless in the top of the seventh and then the Flyers broke it open in the bottom of the inning with five runs to take the 12-7 win.

In the pitching battle Garrow struck out two, Klossner struck out one, Nick O'Neill struck out

three and Oliver Planty had two strikeouts to his credit. The Flyers did the most damage when O'Neill was on the mound when they scored seven runs on six hits and five errors.

Coach Scott Tower said, "I was very pleased with the way our team played! Norwood is at the top of the Central Division right now and we proved we can play with them."

"Although the wins aren't there yet, we have had the game-tying or game-winning run at the plate in our last at bats in all but our first game. Our pitching is coming around, we are committing less mental errors and we are starting to hit the ball. We are improving every day and that's how I judge our success," the coach noted.

This week the Lumberjacks had a string of road games starting yesterday at Gouverneur and will travel to Potsdam on May 6, and at Malone on May 10.

The local boys will then return to the home field for games vs. Canton and Massena May 12 and 13.

Girls softball team staying positive despite losses

by Newton Greiner

The Lady Lumberjack varsity softball team hasn't had a win yet this season, and in some games haven't had a hit, but that can't put a damper on the joy those girls have just being on the field, according to the coach and some of the players.

Most recently the Lady Lumberjacks were handed double header losses when they went to Norwood-Norfolk last Friday. Tupper Lake lost the first game 16-0 when the game was stopped by the mercy rule after 15 Norwood runs crossed the plate.

Sam Sanford had the only hit for Tupper Lake, and Kelsie St. Louis took the loss on the mound after four innings.

In the second game Julia Bradley had two hits for the Lady Lumberjacks and Sam Sanford pitched a complete game for Tupper and got out of it with a respectable 3-0 loss. Paige Harvey of Norwood struck out six in six innings for the win on the mound. She had already struck out eight in five innings of the first game.

On April 28 at Massena Tupper Lake mounted a strong rally beginning in the fifth inning, following a long four innings which saw the Red Raiders score two runs in each of the first, second, third and fourth innings to make it 8-0 by the bottom of the fourth. Amber Lawyer and Kristen Amell each had

hits and scored runs in the later innings, while Massena pitcher Marissa Manley struck out 11, walked six and allowed five runs for Tupper Lake. The final score for that matchup was 10-5.

"The girls are staying positive, and they've done well improving on their skills," according to coach Andrea LaMere. "We've got very good team rapport and in that respect we are doing fantastic!"

This week the girls were scheduled for two home games in a row hosting Gouverneur and Potsdam May 4 and May 6. On Friday the Lady Lumberjacks will be back on the road again for a game at Ogdensburg.

Golf team wins opener at TLCC

by Maynard Peroza

The Tupper Lake High School varsity golf team got off to a great start with a 4 1/2 to 1/2 victory over the visiting Salmon River squad.

In this particular match, the defending co-champions left little doubt.

Defending section champion Zack Meade was the medalist with a score of 40 for the nine-hole match. He defeated Jacob Swamp (59).

Scott Delair beat Noah Bero : 42-50. Austin Shaheen tied Hunter Francis: 47-47. Bill Foley beat Brent Thompson: 45-58. Chris Vachon beat John Jarred: 50-63.

Tana Morgan (59) won the girl's match up.

Community Connection night in Long Lake is this Thursday

The public is invited to an evening of food and fun in Long Lake on Thursday.

The evening will start with a dinner of soup, quiche, and salad at 5

pm. Workshops will follow from 6-9 pm. Topics will include geo-caching, composting, computer skills, yoga, and others.

There will be an open jam session for musicians and singers, a knit-in, and a chance to meet school superintendent Mary Dickerson.

Free childcare will be available. Call 624-2221 to RSVP for dinner and register for childcare.

Men's Twilight League begins at Tupper Lake CC

The Tupper Lake Men's Twilight league begins Monday, May 10 and 11.

Looking for hockey players for summer

All men, aged 35 and over, who are interested in playing "pick up" hockey in Lake Placid this summer are asked to call Charlie Mitchell at 359-8752 after 6:30 p.m.

J M SEPTIC SERVICES
2635 State Rte. 30, Tupper Lake
Jason Cell- (518) 578-8116
Matt Cell- (518) 376-0296

Prom Photos by Greiner Photography

Pick up forms in school this week for your 2010 prom photos



Full Service Professional Photography Services will be on site at your Prom Saturday Night

We have purchased a beautiful backdrop especially for your "New York City" themed Prom

Have your memorable couples photos at the prom and get together with your friends for those once in a lifetime group photos.

For further information: Greiner Photography 569-3769 or 359-7644

Long Lake/Raquette Lake Community Calendar

Aunt Polly's Material Girls
100's of BOLTS
Batik's - \$4.50
28 N. Newcomb, NY
518-582-2260

1-877-602-1889
www.gillisrealty.com
GILLIS REALTY INCORPORATED
Rt. 30, Long Lake, NY
518-624-5531
80 Park St., Tupper Lake, NY
518-359-9797

HOSS'S COUNTRY CORNER
Open Daily 9:30-5:30 p.m.
Sundays 9:00 - 4:00 p.m.
518-624-2451

Belleville & Associates Insurance
Long Lake, NY 12847
Tel. 624-2292

Adilaska Kennel
The Dog Boarding Kennel with a Long Lake
518-624-2050
Let us pamper your pets while you are away

A comfortable, relaxing atmosphere featuring Guinness on Tap!
Happy Hour Specials Daily: 4 pm-6pm
Pizza * Finger Foods
Hours: Wed & Thurs 4-11pm- Fri & Sat 4 pm-1am
P-2's Irish Pub
31 Main Street, Downtown, Tupper Lake
http://P2sIrishPub.com (518)359-9980
P2sPub@aol.com
Meet You at P-2's...
"The Place to Be in the Adirondacks!"

Stuart, Fortune, Keough, Funeral Home
24 Cliff Ave.,
Tupper Lake, NY 12986
Tel. (518) 359-9311

Thursday, May 6
6 pm- Community Connections-A free evening at Long Lake Central School, with a 5-6 pm dinner. Call 624-2221 to RSVP for dinner and/or register for childcare.
7 pm- National Day of Prayer community wide service at the Long Lake Wesleyan Church

Saturday, May 8
9 am - 6 pm- Boaters Safety Class at the Long Lake Town Hall. Call (518) 624-3077 to register.

Tuesday, May 11
The Adirondack Medical Center Dental Van will be in Long Lake at the Geiger Arena. Anyone interested in setting up an appointment should call the Dental Office at 518-523-1122. The mobile service is able to treat several patients in any given day. Any other questions should be referred to Adirondack Medical Center/ Patty at 518-523-8306.

9 am - noon- Long Lake Archives Building is open to the public.

7 pm- Alcoholics Anonymous meets at the Wesleyan Church, call

Wednesday, May 12
10 am- Long Lake "Little Bus" departs for Therapeutic Swim Class in Tupper Lake.

Stephenson Lumber Company, Inc.
CHECK US OUT ONLINE!
www.stephensonlumber.com
True Value
START RIGHT. START HERE.
INDIAN LAKE
Toll Free- (877) 978-9663
(518) 648-5050
Fax 648-5052
www.truevalue.com/stephenson

The Marketplace
Great Mother's Day Gifts
• Variety of Hanging Flower Baskets
• Single Potted Plants, Pansies, Vegetable Plants, Variety of Herbs
• Make your own Gift Basket with variety of Speciality food products
Gift Certificates
Open 7 Days A Week
359-9500

Stone Products for Sale
Mitchell Stone Products LLC
Products Readily Available
#1 Stone
#2 Stone
3/8" Minus (Driveway Mix)
1" Minus
1 1/2" Minus (State Spec Item 4)
Culverts & Road Fabric
Pick Up or Delivery is Available
Call for prices and other products you may need
161 Main Street, Tupper Lake
518-359-7029

Beading Beauty at Greiner Photography
35 Wawbeek Ave. - 651-5001
Open Wed-Fri. . 3-6; Sat. 10-2
Mother's Day DEALS
are here and waiting for you!
Come on in.....
Sterling Silver Earrings, Necklaces, Bracelets, Vintange Jewelry, etc., Beading Supplies, Beading Classes,
For more information or an appointment call 651-5001