

## Gattuso leads victory

### THIRD & FOURTH GRADE

**Gattuso Group 37**  
**McCarthy Tire 22**  
 Tanne: Gattuso scored 11 points and David Simpson added nine as Gattuso Group Accountants & Consultants defeated McCarthy Tire, 37-22, in a key Dallas Youth Basketball matchup. Dalton Gattuso added six points while Jonathan Adams played well defensively.

Adam Niznik led McCarthy Tire with 15 points and Anthony DeLuca added three while Chris Allen sparked the defense.

### Quad Three 28

**Walgreens 16**  
 Joey Ievicino and Ryan Martin scored eight points each while Daniel Ningley controlled the offense and added seven as Quad Three Group topped Walgreens, 28-16. Jimmy Barlow added four points and Frank Weaver had several assists for Quad.

Michel Farrell and Daniel Sweeney led Walgreens with five points each while Connor Macarty added four and J.D. Barrett had two points.

### McCarthy Tire 30

**Walgreens 17**  
 Andrew Matcho scored 12 points and Nico DeLuca added five as McCarthy Tire defeated Walgreens, 30-17. Paul Zabloutney played in the defense for McCarthy Tire while Stephen Darling led the offense for Walgreens. Andy Zeyhered the defense and Jacob Ondish was the leading rebounder.

### Gattuso Group 32

**Burger King 22**  
 Jason Anderson, Connor Motley and Nick Malkemes led a balanced scoring attack as Gattuso Group Accountants & Consultants remained in first place with a 32-22 win over Burger King. Zach Charlton led the scoring for Burger King while Aaron Yurko was the leading rebounder. Kyle Bessecker and Ricky Morgan led the defense.

### Eastern Penn 29

**Metlife Securities 21**  
 Ray Ostroski and Chad Phillips scored eight points each, supported by Jack Tomko with seven points and Peter Capitano with six as Eastern Penn Supply Co. edged Metlife Securities, 29-21.

Kyle Archer led Metlife with 11 points and Anthony Brominski added eight. Tim Elston had four points and Michael Smith and Mitchell Winters led the defense.

### SKILLS COMPETITION

Dallas Youth Basketball recently held its fourth grade skills competition. Daniel Mingley and Christian Wargo both made nine of 11 free throws in the first round with Mingley capturing first place in a tiebreaker and Wargo taking second place. Keith Gillette won a tiebreaker to finish in third place.

Kyle Archer took first place in layups, finishing ahead of Chad Phillips in second place and Spencer Bowanko in third place.

### 5TH & 6TH GRADES

**Medico Industries 38**  
**Brace's Orchard 24**  
 Medico Industries beat Brace's Orchard, 38-24.

Medico used a balanced scoring attack to defeat the apple men. Aaron Napkora chipped in 13. Chad Debona scored 12 and Marianno Medico scored nine. Donald Michaelson controlled the boards and added two.

Chase Makowski continued his great play, scoring 16 for Brace's Orchard. Dominic Deluca had six steals and scored seven.

### Medico Industries defeats PNC Bank

**Medico Industries 38**  
**PNC Bank 19**

Medico Industries rolled to victory over the bankers from PNC. Aaron Napkora dominated the boards and threw back 12 points. Marianno Medico dropped in 11 while Don Michaelson continued to improve, scoring a season-high six points. Matt Saba continued to play well on both sides of the ball, racking up eight steals and scoring 11. Aleskey Gittleson tossed in three while Carl Gross controlled the boards with 12 rebounds.

### Brace's Orchard 61

**PNC Bank 19**  
 Brace's Orchard rolled over

PNC Bank, 61-19.

Brenden Ehret played great, scoring 19. Chase Makowski tossed in 15 while Peter Shaver led the defense and scored a bucket.

Carl Gross played well for the bankers, scoring eight while Nigel Stearns tossed in six from the outside.

### Brace's Orchard 42

**Bishop Photo 37**  
 Brace's Orchard nipped the photo men from Bishop Photo, 42-37.

Chase Makowski led the team in scoring with 17. Brenden Ehret tossed in 11 while Zach Connolly chipped in 10. Kyle Razawich played great, scoring 23. Brian Drouse controlled the boards and threw back four.

### CDI 39

**CVS Pharmacy 38**  
 CDI nipped the pharmacy boys, 39-38.

Michael Boland played well, scoring 17. Jory Bredzinski controlled the boards, tossing back 12. Justin Brojakowski played great, scoring 12 for the pharmacy. Blake Williams tossed in 13 while Russ Newell played tough defense and scored four.

### Brace's Orchard 57

**Medico Industries 29**  
 Brace's Orchard rolled over Medico Industries, 57-29.

Chase Makowski led all scorers with 20 points. Zach Connolly tossed in 14 while Josh Evans helped out, scoring 13. Dominic Deluca played great aggressive defense.

Medico was led by Marianno Medico, scoring 12. Chad Debona tossed in 10.

### CVS Pharmacy 42

**PNC 40**  
 CVS Pharmacy topped the bankers from PNC, 42-40.

Justin Brojakowski led the bankers with a game-high 15. Chris Behm tossed in 10 while Jonathan Sabatinni scored six. Russ Newell came on strong to lead the defense.

PNC was led by Matt Saba, scoring 10. Nigel Stearns tossed in eight while Carl Gross tossed back six.

### SIXTH GRADE BOYS TOURNAMENT TEAM

Aaron Napkora scored 10 points and Kyle Razawich added eight as the sixth grade travel team defeated Lehman-Jackson, 34-15, in the Sunday Lehman League. Chad Debona and Justin Brojakowski added five each while Nigel Stearns had four.

### SEVENTH & EIGHTH GRADE

**Dallas Lions 49**  
**Gallis Insurance 36**

Eric Zawatski led the Dallas Lions with 18 points to a 49-36 win over Gallis Insurance. Kyle Razawich and Shane Dunn each added 13 points for the Lions.

Gallis Insurance was led by Bobby Saba with 17 points while Michael Gallis added a clutch 12 points.

### M&T Bank 63

**Cohen Chiropractic 60**  
 Paul Brace led first place M&T Bank with 35 points to a close 63-60 victory over Cohen Chiropractic Clinic. Kohnor Rice added 17 points and Michael Banas added 10 points.

Cohen was led by Jason Simonovich and Pat Condo both with 20 points while Morgan Cohen added eight points.

### Gordon Long 67

**Bishop Photo 50**  
 Gordon Long Real Estate defeated Bishop Photo, 67-50. The realtors were led by the hot three point shooting of George Parkhurst with 23 points while Donnie Behm added 21 points and Harry Parkhurst tossed in 15 points.

Bishop Photo was led by Aaron Weir with 16 points while Felix Dolman added 11 and Hayden Jenkins chipped in 10 points.

### Dr. John Kish 56

**Eyecare Specialists 51**  
 Dr. John Kish defeated Eyecare Specialists, 56-51. Ryan Zapoticky had 20 points while Brian Stepniak added 12 and Nathan Kish tossed in 10 points for the victors.

Eyecare was led by Austin Smith with 20 points while Chris Ostrum was big in the paint, scoring 12 points.

## Back Mountain gym owner has a winning form



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Vicki Gardner-Marcikonis, owner of TBR, formerly Personalized Fitness Center, demonstrates her winning form using free weights.

# After joining gym, she now owns it

By REBECCA BRIA  
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Vicki Gardner-Marcikonis dreaded turning 30. Weighing 247 pounds and out of shape, she knew it was time to change her life. So, she joined a gym, started eating right and lost weight. She got stronger, healthier, slept better and had a nicer complexion, skin and hair.

Fourteen years later, a healthy 44-year-old Gardner-Marcikonis, of Shavertown, is the owner of Total Body Reaction (TBR), the former Personalized Fitness Center, in Dallas which opened Oct. 8, 2007.

"I think I was sort of afraid of the gym folding under," Gardner-Marcikonis said of why she took over the business. "I've worked out here for 15 years. I was afraid it wouldn't be here any longer."

Gardner-Marcikonis grew up in the countryside and discovered her natural strength when chopping wood. She entered contests to see how much she could bench press and has held the Pennsylvania Bench Pressing Open title in her weight category since 2002. She says the national record for a female to bench press is 250 but, although judges at the state event verified she bench pressed 270, that mark is not recognized nationally because no national judges were present.

"I want to bench 300 someday, but I'm getting older," Gardner-Marcikonis joked. "And I'm just a girl."

The former stay-at-home mom insists she is just like everyone else, enjoying parties, camping and eating pizza every once in a while. She thinks most of the members of TBR feel the same way. In fact, Gardner-Marcikonis' own mother would buy an ice cream at Treat Pizza next door to the gym and eat it while on the treadmill at Personalized Fitness Center.

The name Total Body Reaction generated from the names of three of Gardner-Marcikonis' brothers. Brothers Todd and Brad were both killed in separate automobile accidents at age 16 and a third brother, Randy, fell 65 feet from a tree in 2000, breaking nearly every bone in his body. Randy recovered over time through physical therapy.

"It took Randy's body, a total commitment to his body, to get the desired reaction," Gardner-Marcikonis said. "To watch him come back from where he was - it was



Vicki Gardner-Marcikonis, owner of TBR in Dallas, at age 42 on Halloween 2005. Gardner-Marcikonis can bench press 270 pounds.

just amazing."

Gardner-Marcikonis' husband, Jim, is supportive of her and the gym and says when TBR brings in enough money for him to retire, he'll take over the book work, his wife's least favorite aspect of owning a business.

"He never asks me how much money I made today or if I paid the bills," Gardner-Marcikonis said. "The only thing he asks me every couple of days is if I'm still happy."

Help also comes from Gardner-Marcikonis' four children, John, 22, Amanda, 20, Joshua, 17, and Tawnya, 13. Amanda and Joshua work at the gym and Josh likely will when he returns from the Navy in March. Tawnya is being taught to do things at TBR after school.

Gardner-Marcikonis' brother, Brian, aids her with business matters, her sister Sheryl Gardner finds healthy recipes for members and sister Debbie Konnick rallies friends to

join. Gardner-Marcikonis' father, Fred, constructed a weight sled for the gym from a photo and is currently making a sign for the building. Friend Jim Monk acts as a handyman, stopping by every morning to see what needs to be fixed or replaced and plowing the parking lot when it snows.

In an attempt to personally know each member, Gardner-Marcikonis spends time with them learning about their lives and what they expect from their membership. She makes healthy food for all to try, providing the recipe and nutritional information. She also clips health articles, displaying them around the gym and in the restrooms.

"I really want all the members to feel like this is their gym," she said. "This gym's got a great personality. And it just doesn't come from me; it comes from everyone."

Rebecca Bria, a staff writer for The Dallas Post, can be reached at 970-7436.

## SPORTS BRIEFS

### Baseball/softball group meets February 4

The Back Mountain Base-

ball/Softball Organization will meet on Monday, Feb. 4, at the Daddow-Isaacs American Legion, Memorial Highway, Dallas.

A board meeting will be held at 7 p.m. with the general meeting set for 8 p.m.

For more information, call

Jack at 675-0939.

### Junior Mounts set registration dates

The Dallas Junior Mounts Football and Cheerleading Association will hold regis-

trations from 9 a.m. to 1 p.m. on Saturday, March 15, and from 9 a.m. to 1 p.m. on Saturday, April 12, at the Dallas American Legion.