

# Sports

## Dallas junior keeps bouncing back

By CHARLOT M. DENMON  
Staff Correspondent



AMY ASTON

Cross-country, field hockey, basketball, track - Junior Amy Aston participates in all of them with determination to win and win she does.

The 5 foot 3 inch, 115-lb. Dallas High School athlete has been successful in all four sports. Last season, she was a member of the league-winning Dallas girls' basketball team. This season, she was the only Dallas student to run in the Cross Country Districts and came in second to qualify for state competition where she won a medal for placing in the top 20.

Amy also played link on this season's field hockey team - the first team from Dallas to win the District championship and advance to Regionals. Track and basketball are still ahead of her for this year.

Amy, daughter of Mr. and Mrs. David Aston, is also an honor student at Dallas High School.

blow to Amy, who was very close to her big brother. Through the aid of her parents, Amy bounced back from the tragedy only to suffer a second time.

This time it was the critical injury incurred by her mother while riding a 10-speed bicycle. Her mother lost control of the bike and hit a tombstone, suffering severe head injuries.

Amy and her younger brother, John, junior high students, continued with their activities encouraged by their dad but spent every free moment at their mother's side. After weeks of recuperating, her mother was back at the games following Amy's progress in hockey.

Looking back at the past months, Amy realizes it was her parents, her coaches and her friends who kept her determined to win.

She conditioned for cross country running through hockey practice and when she requested an opportunity to run in the District competition, the Dallas coach agreed. For her first year in the running she came in second and at states Amy placed 16th to bring home a medal.

Amy has played hockey since ninth grade but until this year played halfback.

"This year as link, I believe I did a much better job," said the junior. She was named to the Wyoming Valley All Scholastic team and also received a medal as Division AAA championship team member.

Now Amy is practicing for basketball, a sport in which she has participated since seventh grade.

"We lost most of our starters through graduation but with Coach Karuza and Assistant Coach Michelle Kravitsky if we work hard, I believe we should do quite well," predicted Amy.

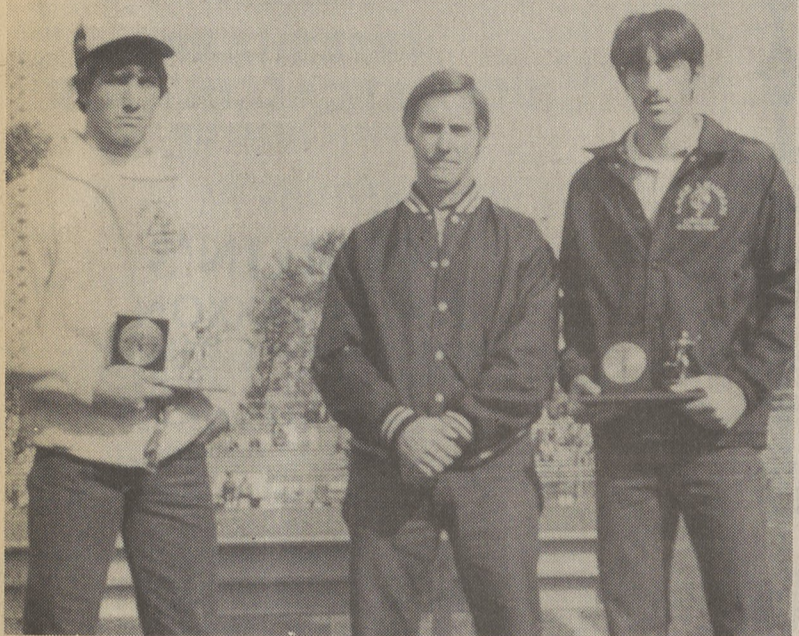
In track, she takes part in the 800m run, mile run and mile relay.

During the summer, Amy plays softball with the American Legion's women's team.

Which is her favorite sport? Amy thought it over carefully before answering, "I think that I have to say field hockey, it is so exciting and it is so fast, but I like the other sports, too."

"I also believe that taking part in extracurricular activities gives you incentive for doing better academically. You need to do well in one to do well in the other."

Amy wants to attend college and major in sports medicine. In the meantime, any leisure time she has she spends with her family or friends.



Dallas Post/Ed Campbell

### Knights cited

The Lake-Lehman Booster Club recently honored two Black Knights athletes during ceremonies prior to the Lake-Lehman-Nanticoke football game recently. Giro Hall was honored for attaining the achievement of AA state cross-country champion and AA state 1600-meter champion. Tracy Slocum was honored for breaking the Wyoming Valley record for the most wrestling wins in a career as she recorded 126 wins, passing the previous valley record of 123 wins. Shown here during the presentation are, from left, Hall, Peter Austin, vice-president, Lake-Lehman Booster Club; and Slocum.

## LET'S GO FISHING- 1984 Pennsylvania's Inland Waters

SPECIES	SEASONS	MINIMUM SIZE	DAILY LIMIT
All species of TROUT and SALMON (except landlocked Atlantic salmon)	Regular season: 8:00 A.M. April 14 to Midnight, Labor Day	7 inches	8 (combined species) All streams, lakes & ponds. (Except fly fishing areas and others with special regulations.)
	Extended season: All approved trout waters and downstream areas plus lakes and ponds: 12:01 A.M. Jan. 1 to midnight Feb. 29 and day after Labor Day to midnight, Dec. 31.	7 inches	3 (combined species)
Landlocked Atlantic SALMON	From 8:00 A.M. opening day of regular trout season to last day of Feb. the year following.	15 inches	2
MUSKELLUNGE and musky hybrids	12:01 A.M. Jan. 1 to midnight March 14 and 12:01 A.M. May 12 to midnight, Dec. 31.	30 inches	2 (combined species)
PICKEREL*		15 inches	6
PIKE Northern & Amur		24 inches	2 (combined species)
WALLEYE		15 inches	6
SAUGER		12 inches	6
BASS Largemouth Smallmouth Spotted	Lakes, ponds & reservoirs: Jan. 1 to midnight April 13, and June 16 to midnight Dec. 31. Except Kinzua, Wallenpaupack & Raystown Lakes - Open year around.	12 inches	6 (combined species from all habitats.)
	Rivers & streams - open year around	10 inches	
AMERICAN SHAD**	OPEN YEAR AROUND	No minimum	6
HERRING HICKORY SHAD		No minimum	No daily limit
STRIPED BASS and striped bass/white bass hybrids.		15 inches	2
Sunfish-Yellow perch Crappies-Catfish Rock bass-Suckers Eels-Carp-White bass		No minimum	50 (combined species)
BAITFISH & FISHBAIT		No minimum	50 (combined species)

NOTES: \*During the period from 12:01 A.M. Jan. 1 to midnight, March 14 and 12:01 A.M. Dec. 1 to midnight Dec. 31, the daily limit of pickerel is 3. \*\*It is unlawful to take, catch or kill American shad on the Susquehanna River and its tributaries. CONSULT SUMMARY FOR REGULATIONS CONCERNING DELAWARE RIVER, CONOWINGO RESERVOIR, PYMATUNING LAKE, LAKE ERIE AND LAKE ERIE TRIBUTARIES.

### 1984 fishing season

1983 is drawing to a close, and many anglers are now planning their vacation schedules for next year. The Pennsylvania Fish Commission has established the 1984 fishing seasons as shown above. For a free copy of the Pennsylvania Fish Commission's Pocket Guide to 1984 seasons, write to the Pennsylvania Fish Commission, Department PG, P.O. Box 1673, Harrisburg, PA 17105-1673. Please enclose a stamped, self-addressed envelope.

## Boaters reminded to remove watercrafts

Boaters are reminded that the mooring or storage of boats on Pennsylvania Fish Commission property is prohibited from Nov. 30 until April 1 of the following year.

According to Ralph W. Abele, executive director of the Fish Commission, "The prohibition against mooring does not effect other boating activities and the launching of

watercraft at all Fish Commission access sites continues to be permitted year around as conditions permit."

## Dellarte gets second deer

Fifteen-year-old Al Dellarte Jr., of 19 Valley View Drive, Pringle, brought down his second deer in four years of hunting at 9:40 a.m. the first day of the season. Hunting with Brinley Dempski, Al bagged an 8-point, 140-pound buck in the Tunkhannock area.

## Local excels on Penn team

It was a game the University of Pennsylvania football team had to win to stay in contention for the Ivy League title. More than 30,000 people journeyed to Penn's Franklin Field to watch the Quakers battle Princeton in the annual Homecoming game. In a tense second half, it was a strong pass rush on Princeton's quarterback by sophomore Ken Coombs, a native of Trucksville, that helped Penn seal a crucial 28-27 victory.

Coombs' defensive line play was rated best that day by Penn's coaches, who used him this season as a defensive end on passing downs. The sophomore finished the year with 24 tackles and two fumble recoveries in his first season of varsity play for the Quakers who won a share in the Ivy League title by defeating Dartmouth.

"Ken made a significant contribution to our defense," said Ed Zubrow, defensive line coach.

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