

# Sports



**Warming up**  
Rachel Holthaus, gymnastic student, does a warmup split with teammate Ann Repko.

Dallas Post/Charlot M. Denmon

## This young lady eats, sleeps and breathes 'gymnastics'

By CHARLOT M. DENMON  
Staff Correspondent

Thirteen-year-old Rachael Holthaus has practically lived, eaten and slept gymnastics for the past 18 months. The petite, slender, five foot dark-haired gymnast first became interested through seeing the athletes on television.

Rachael decided since she wasn't big enough to compete in baseball or basketball, she would try gymnastics. Her decision proved to be the correct one for in her first two competitive meets, Rachael has taken firsts in everything but the floor exercise, Jan. 6, against Honesdale; and first in floor exercise, second in all-around and beam, third in vault and bars, Jan. 20, against Pittston, the most accomplished team in the area. The next meet will be against Scranton at Scranton.

Rachael is a member of the YWCA team of Wilkes-Barre, a team of 14 girls, most of them 13 years of age and younger. The team first organized in September and the girls first were on a trial team, then tried out for the regular team. Rachael was one of the girls who made it.

There are a number of girls from the Back Mountain area on the team including Tara Williams, good at tumbling; Kerri Casey, good in nine to 11 years group; and Ann Repko, also very good in the nine to 11 year group.

Rachael first became serious about gymnastics when she was about six years of age. She studied at the YWCA, then enrolled in the Northeast School, Wilkes-Barre, but that closed so Rachael went back to the YWCA.

She has had some excellent coaching including coaches from the Allentown Parkettes, Lisa Hummel, Colleen Morda (once on the YWCA team) and Veronica Repko, a student at Wilkes College. Michele Jagodinski, now on a college gymnastic team, and Laurie Dexter, a former Parkette, now at college, were also coaches.

Rachael attributes much of her success and the team's success to the fact that all of the coaches are

or were accomplished gymnasts. Laurie Dexter competed against Mary Lou Retton and also dated one of the male Olympians.

Rachael has formal practice sessions Monday, Tuesday, Wednesday and Saturday of each week and works out at her own with the other girls on Thursday and Friday under a coach's supervision. She goes to the YWCA directly from school during the week and gets home about 8 p.m. On Saturday, she goes in after lunch and does not get home until about 5:30 or 6 p.m.

This summer, with other members of the team, she plans to attend a gymnastic camp in the Poconos where the instructors will be Mitch Gaylord, Bart Connors and Tracy Tollivara. Eventually she hopes to take classes with the Parkettes in Allentown.

"Mary Lou Retton was once with the Parkettes before she went to private lessons," said Rachael. "Eventually I hope to take private lessons from the same coach who taught her and Nadia, or a similar coach."

"Mary Lou is my favorite gymnast because she is small and so am I. She is an excellent gymnast and my ambition is to be like her or better. I want to enter the Olympics and win a gold medal," said Rachael.

She said her favorite is the bar and her specialty is a "brouse" where she does a cast off the low bar, does a half flip and catches the high bar with her hands and legs straddled. In the next meet, Rachael will do back flips on the beam.

With her positive attitude and dedication, she leaves little doubt in one's mind as to her success. In her light blue and white gymnast uniform, she looks very much like gold medalist Mary Lou Retton, her ideal, as she works on the bars.

"Our coaches are interested in us and now they are getting our parents involved. It won't be too far in the future when others find we are a team to be reckoned with. We are now in the Leaders Club, a junior volunteer group. Quite a few girls from the Back Mountain are now on our classes at the YWCA, but we need more," said Rachael. "With more girls, especially older ones, we can give the other teams more competition. The more competition the better we perform."

## King's defeats locals

By JOHN RODGERS  
Staff Correspondent

The College Misericordia mens' basketball team lost to King's College by a score of 79-56.

With upset on their minds the Blue and Gold played a determined first half and trailed by 5 points 31-26 after the first 20 minutes.

Leading scorers at the half were Mike Wright of Misericordia with 9 points, Joe Flaherty of King's had 8 points.

By Moyers 13 second half points King's took a 52-39 lead at 13:29 to play and were never challenged after.

Greg Kupp of Misericordia led all scorers with 15 points, Mike Wright added 13 points and Bross added 12 points.

Joe Flaherty had 17 points for King's with Moyer and Southcott adding 13 and 12 points respectively.

The second half however was all King's outscoring Misericordia 44-16.

"We just didn't have the manpower again," stated Coach Al Clocker.

Playing with just eight players and Dan Smith the team's top rebounder in the game going down with a separated shoulder diving after a loose ball in the second half, King's pulled away.

Misericordia's men next play Spring Garden of New York, home, Thursday, 8 p.m. at Lake-Leman.



## Soccer board

The Back Mountain Youth Soccer Association Board of Directors met recently, to reorganize and begin planning for the 1985 season. Due to continued growth, the board has expanded to include a Commissioner for each age group. Pictured above are members of the board. From left, first row, Ron Moran, U-10 Comm.; Herb Wiedlich, U-16 Comm.; Alan Mellner, Fields. Second row, Paul Saneholtz, treasurer; Frank Chadwick, president. Third row, John Tomaine, U-8 Comm.; Bob Graver, publicity; Charles Hampel, U-14 Comm. Fourth row, Ted Shown, Chief coach; John Litz, secretary; Joe Kernag, chief referee; George Schrlau, equipment; Ed Palka, registrar. Absent, Richard Ursiak U-12 Comm. and Charles Reynolds, advisory. The trophies being held were won in the 1984 Luzerne County Cup Tournament last November, when the Back Mt. Association swept three of the four age divisions. The Under-12 trophy was won by the Arrows coached by Jan Weaver; Under-14 was won by the Wings coached by Ron Moran and the Under-16 was won by the Cosmos coached by Ray Dennis. Last year 850 youths, ages 6-15 participated on 56 teams in five age divisions, one of which was the U-16 division featuring the first ever interleague play with teams from Wyoming Valley, Mountaintop and Abington. Plans this year call for registration to be held Saturdays April 20 and April 27 from 10 a.m. to 3 p.m. at College Misericordia. More volunteer help is needed for refereeing and coaching. No experience is necessary since training will be available. More space for playing fields is needed, and anyone with land available for use by the Association is asked to contact any board member.

## Ladies drop to 7-3 slate

By JOHN RODGERS  
Sports Correspondent

College Misericordia women lost to Marywood by a score of 68-51 to put their record at 7-3.

Behind the hot hands of Sue Sharp's 11 point first half, the Highlanders trailed by 10 at halftime 33-23.

Starting out with a changing press defense, and six points from Liz Eife, they cut the margin to 6 at the 14:39 mark of the second half.

After a time out by Marywood, the game changed momentum and Marywood began to pull away.

Kathy McHale using her dominant height took control of the boards and sank three quick baskets and three free throws to open up 15 point bulge, that Miserry couldn't recover from "Once again their size beat us, player for player we were just as good, but we couldn't match up with their height," stated Davis.

Maureen Archer of Marywood led all scorers with 18 points. Kathy McHale added 15 points and Sue King 10 points. College Misericordia was led by Sue Sharp's 17 and Lixz Eife and Kim Stetzar added 13 points apiece.

In front of a nice home crowd the Lady Highlanders got back on the winning track, defeating Caldwell College of New Jersey 87-63.

Paced by Sue Sharp's nine first half points and Kim Vermullen's seven points they jumped out to a 17-8 lead after 10 minutes and 33-29 at halftime.

Playing back and fourth for the first six minutes of the second half and in the lead 39-34 time out was called by Coach Davis and they switched from a player to player defense to a 2-3 trap. "We had to create some turnovers and get something going" stated Davis.

This resulted into a 56-39 lead holding the Cougars scoreless for almost six minutes. Liz Eife's breakaway basket at 7:42 left in the game gave the Highlanders a 56-39 lead and put the game out of reach of Caldwell.

Liz Eife shared scoring honors with Gina Borea and Cathy Kraudel of Caldwell with 21 points.

## Jr. high grapplers post win

Dallas Junior High Wrestling team upped its record to 10-2 by posting a 72-24 win over Abington Heights. Dallas will host Hanover Wednesday afternoon at 4 p.m. at Dallas. The team is preparing themselves for Junior High Districts Friday and Saturday, Feb. 22 and 23 at Lake-Lehman, Steve Kaschenback is the coach, assisted by Dave Longmore. Registering pins in the Abington Heights meet were Jim O'Donnell, Dave Mayers, Eric Olsen, Billy Janosky, Mike Richards, Gene Fauls and Steve Finn.



## Girls' team unbeaten

The Dallas Junior High School girls' basketball team remained undefeated in league competition by downing Lake-Lehman, 34-26, recently.

The team, coached by Mary Ann Mihalick and Debby Wysocki, is currently sporting a 9-0 record with wins over such known powerhouses as GAR, Northwest, Wilkes-Barre Township, Crestwood and Hanover.

High scorers for the Dallas girls are Joyce Tinner and Renee Balberchak while Eileen Kalinowski leads the team in the rebounding department. Other team members who have contributed to the victories include Sue Starolis, Patti Covert, Melanie Seibel, Chris Legenz, Shannon Cleary, Georgine Saxon, Tracy Karuza, Laura Poynton, Jennifer Vloedman, Heather Hoffman, Tracy Hunter, Lori Cave, Jean Novitsky, Jennifer Besecker, Cindy Kern, Allison Berlew, Kim Krohn and Erica Bullock. Balberchak, Kalinowski and Tinner are tri-captains of this year's squad.

Dallas closes out its regular season of play with an game at Northwest this week which should move the team into playoff action against Plains the following week.

## Ride planned

The Sixth Annual "Ride to Stop Cancer" will be held on May 5, according to Shavertown president Ian Richardson, above left, chairman of the event. Richardson is seen here with Mary Boutonas, executive director, Wyoming Valley Unit, American Cancer Society. The 25-mile Back Mountain ride is non-competitive and will be open to all ages. Gift certificates and trophies are awarded in various categories. Joe Zone, sports director of WNEP-TV 16, is this year's honorary chairman. Details are available from the Wyoming Valley Unit of the American Cancer Society, 825-7763.

## Make sure Fido is licensed

In an effort to impress upon local dog owners the fact that their canines must be licensed each year, state dog wardens will be checking various areas of Luzerne County next week.

According to Gene Dziak, dog law supervisor from the Bureau of Dog Law Enforcement in Tunkhannock his wardens will begin checking for 1985 licenses on Thursday, Feb. 14 and continue throughout various areas of the county until Feb. 21.

Dziak noted "By now all dog owners should be fully aware that they must obtain a current license for their pets each year. We've had extensive publicity on this subject for the past several years so nobody can plead ignorance of the law."

Licenses can be obtained through the Luzerne County Treasurer's Office for a fee of \$5.00 for all productive dogs or \$3.00 if you show

proof of spaying or neutering. Senior citizens over 65 years of age are eligible for a reduced fee upon showing proof of age. Agents charge 25 cents extra.

Dziak concluded by saying "Through the efforts of the county treasurer many municipalities are now selling dog licenses for the next month or so. I urge dog owners to check with their municipal buildings to see if they have them on sale and to purchase one right away since we will be issuing citations against all violators."

Fines range up to \$300 plus court costs and Dziak indicated that all areas not covered in their current license check will almost certainly be checked later in the year when the wardens will make a major sweep of the county. Owners of free running dogs will also be cited.

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For More Information  
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