



Sports



On own court

Knights drop two contests

By JOHN F. KILDUFF
Staff Correspondent

The Lake-Lehman Black Knights dropped two cage contests on their home court this past week, leveling their Wyoming Valley Conference slate to 2-2 this season.

Head Coach Rodger Bearde's squad was crushed, 70-48, this past Saturday afternoon by a powerful and undefeated Bishop Hoban team. The Knights found themselves

behind early against the Argents and closed to within single digits of the lead.

The Argents used double figured scoring of four players in capturing their fourth win against no losses this season.

Lehman was led by senior forward Paul Andes, 6'0", with 23 points. Andes hit on eight shots from the floor and tallied for seven points from the charity stripe.

Forward Carl Houck, a 6'5" sophomore, added 12 points in a losing

cause with five baskets from the floor and two points from the free-throw line.

In addition to the Argent loss, the Black Knights dropped a barn-burner last Tuesday night against Montrose, 44-38. The Montrose game saw seven different lead changes with the Meteors finally capturing the victory in the fourth period when they outscored the Black Knights 19-11.

Forwards Houck and Andes led the Knights with 11 points apiece

while junior guard Brian James added nine tallies.

After opening the season with victories against Bishop O'Reilly and Benton, the Black Knights seem to be on an offensive sabbatical.

Coach Rodger Bearde's Knights look to get back on the winning track this week when they host Seton Catholic Tuesday night at 8 p.m. The Mohawks of Meyers will be the next challenger on Friday night at 8 p.m. on the Mohawk hardboards.

Mountaineers cannot muster win

By JOHN F. KILDUFF
Staff Correspondent

Coach Clarence Ozgo's Dallas Mountaineers dropped their second and third cage contests this past

week, leaving the Back Mountain team without a win after three tries during this pre-season's hardwood action.

Last Thursday night the Mounts were overpowered by an undefeated Bishop Hoban team 79-55. Forward

Dennis Dacosin tallied for 21 Dallas points and Bob O'Donnell added 11.

The Mounts gave Hoban a tough game in the first half as the Argents held a slim 36-27 lead at intermission. However, Coach Chet Hines' Argents outscored the Mountaineers 20-6 in the third period for a 56 to 33 lead. The Mounts could not close the gap and lost their third straight contest.

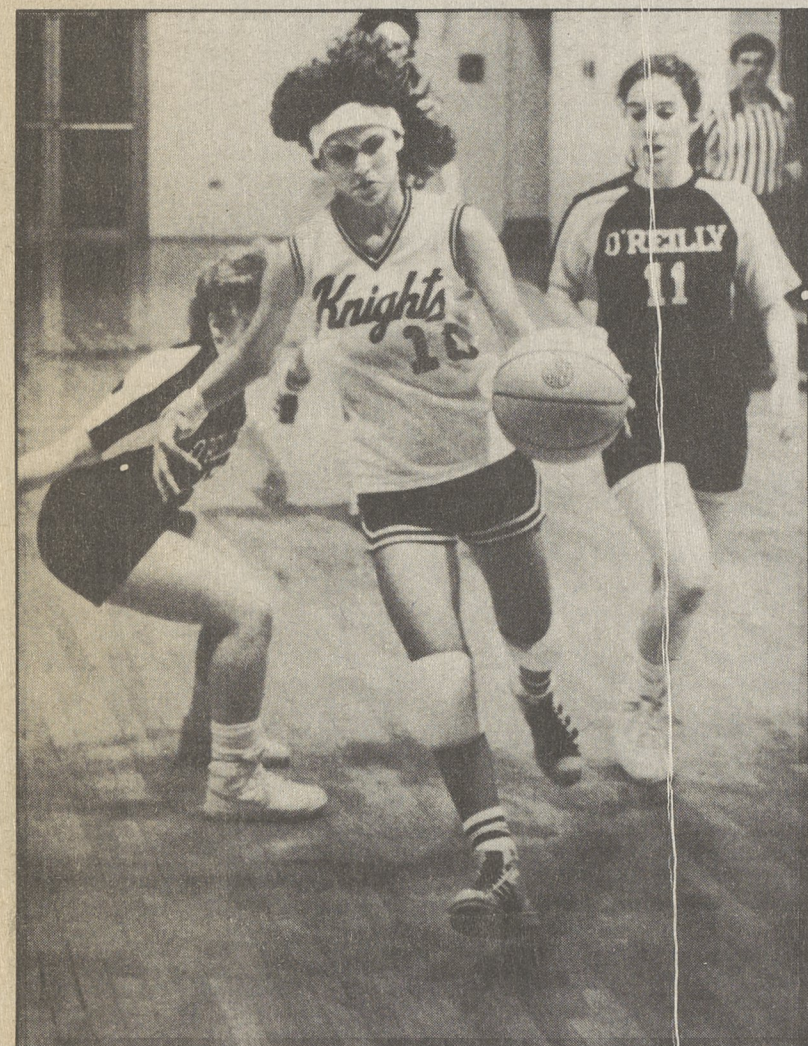
On Tuesday of last week, the Spartans of Wyoming Valley West handed Ozgo's team a 64-50 loss.

Again, the Mounts couldn't muster enough offense in the first

half of the game and found themselves behind at intermission 39-18. Coach Sandy McKay's Spartans used the double-digit scoring of three players to build the early lead.

Dallas was led by Dennis Dacosin with 15 points and O'Donnell added 12 tallies.

The Mountaineers will look for their first win of this exhibition season when they host Northwest on Tuesday night at 8 p.m. Dallas will then travel to Wilkes-Barre Friday evening at 8 p.m. to challenge the Grenadiers of GAR.



Dallas Post/Ed Campbell

Fancy stuff

Pam Coolbaugh of the Lake-Lehman girls' basketball team displays some fancy dribbling during the recent Annual Bishop O'Reilly Basketball Tournament held at the Kingston school. The Queenswomen dominated the game, however, handing the Lady Knights a 39-26 defeat.

STRIKES & SPARES

Sweet Valley Outfitters picked up four easy points by forfeit from Bermudas in Bonomo's Major League when the losing team had only two bowlers show up. Glen Mazer led the winning five with 216 (538). Back Mt. Sporting Goods took three from the Hambos sparked by H. Garris' 212 (590) and S. Wickard's 222 (515). K. Youngblood rolled 233 (535) to pace the Hambos. Brown's Oil and K Boom divided evenly with Jerry Roan dropping pins for 595 and P. Thomas hitting them for 584. The five members of G.H. Harris rolled in the 500's to take three from Monk Plumbing. D. Purvin set the pace with 202 (572) followed by M. Whiting with 550, C. Kazokas 545, T. Doughton 521 and A. Wendel 216 (569). F. Tregan's 517 was high for the plumbing team. Back Mt. Inn No. 1 gained four points by forfeit from their brother team, Back Mt. Inn No. 2. R. Clemow walloped pins for 210-233 (629) for the losing five and F. Cornell's 560 paced the winning team.

In the Back Mt. Church League Trucksville B took all from East Dallas and Shavertown B shut out Carverton B. Carverton A picked up three points from Shavertown A while Trucksville A divided 2-2 with Maple Grove. Dallas A split with Orange led by R. Stair's 535 and B. Williams 525. H. Shupp hit 520 for the Orange team. Other high rollers were G. Mazer 553, F. Hughes 529 and S. Hoover 533.

Nancy Ide rolled 171 for Whatever in the Bonomo's Mixed League but it was only enough for one game from the Five Pinners. The Dreamers and Larry's Harem divided evenly with Rich Jenkins posting 243 (561), Jack Sandstrom rolling 235 (508) and Larry Lavelle hitting 550.

In Our Gang League the Porky five blanked Alfalfa with no one hitting high scores. B. Grieves 204 paced the Chubbie team to three points from the Worm team and Erik Dingle's 508 showed the way for Butch's three points from the Spanky gang. Farina picked up three from Buckwheat without too much trouble.

Hoagie Bar girls took three points from Brent Long and Tom Reese five copped three from Franklin's in the Bowlerette League with none of the girls able to hit high scores.

The Citations shut out the Capris in the Idetown Compact League while the Pintos took three from LeBarons, Corvettes three from the Firebirds and Aries three from the Camaros. Hitting high scores were J. Roan 221 (602), J. Berti 220 (554), D. Doty 205 (538), E. Ishley 511 and T. Dickinson 505. On the distaff side were C. Doty's 177 and M. Pazuchanics 180.

In the Ladies Country League Gordon Insurance took three from the Castlettes, Grotto Pizza, three from G.H. Harris and Fashion Vending stayed in the lead by splitting 2-2 with Bonomo's Sports Center.

Hitting high games were N. Ide 487, L. Maciejczak 478, L. Evans 182, and J. Lamoreaux 166.

Coombs cited

Ken Coombs of Trucksville recently won honorable mention recognition on the All-Ivy League football team for his play at defensive end and this fall for the University of Pennsylvania. Coombs, a senior, made 75 tackles and 2 1/2 quarterback sacks for Penn's team, which won its fourth consecutive Ivy title this fall and finished the season with a 7-2-1 record.

As a sophomore and junior, Coombs played on pass rushing downs for Penn's varsity. He recorded six sacks, recovered three opponents' fumbles and made 59 tackles.

Coombs is a graduate of Wyoming Valley West High School where he captained the football team and twice won All-Scholastic honors. He also captained his high school's track team and served as student council president.

He is majoring in economics at Penn's College of Arts and Sciences.

Rinehimer leads Lady Mountaineers

By CHARLOT M. DENMON
Staff Correspondent

Kim Rinehimer set the pace for Coach Kit Karuza's Dallas Mountaineers in the Tunkhannock Tournament, scoring 16 points to lead the team to a 56-43 win over the Tunkhannock Tigers and the tournament title, Monday night. The Mountaineers defeated Montrose, 50-47, in the opening round, Saturday, Dec. 7.

Rinehimer was named to the All-Tournament team as well as Most Valuable Player in the competition.

Teammate Karen Vloedman, who scored 11 points, was also named to the All-Tournament team. Lori Brokenshire broke into the double figure column with 10 points.

The Lady Mountaineers jumped out to an early 15-4 lead and held their lead throughout the entire game. They led 29-14 at halftime and after the Tigers rallied to tie them in scoring, 16-16 in the third period, the Mountaineers were outscored 11-13 in the final period.

Vloedman scored 11 points and Joann Cook tossed in 10 in the Lady Mounts game with the Nanticoke Trojans, last Tuesday night on the Trojans court but the Dallas girls were outplayed by the strong Trojan squad led by Toni Zubritski.

Zubritski scored 25 points in the game, 12 of them in the first period to lead the Trojans to a 61-35 victory. The Trojans were able to shut down Rinehimer allowing her only six points, four of them throws from the foul line.

The Dallas girls were missing starters Angie Kern and Eileen Walsh from their lineup, putting them at a disadvantage.

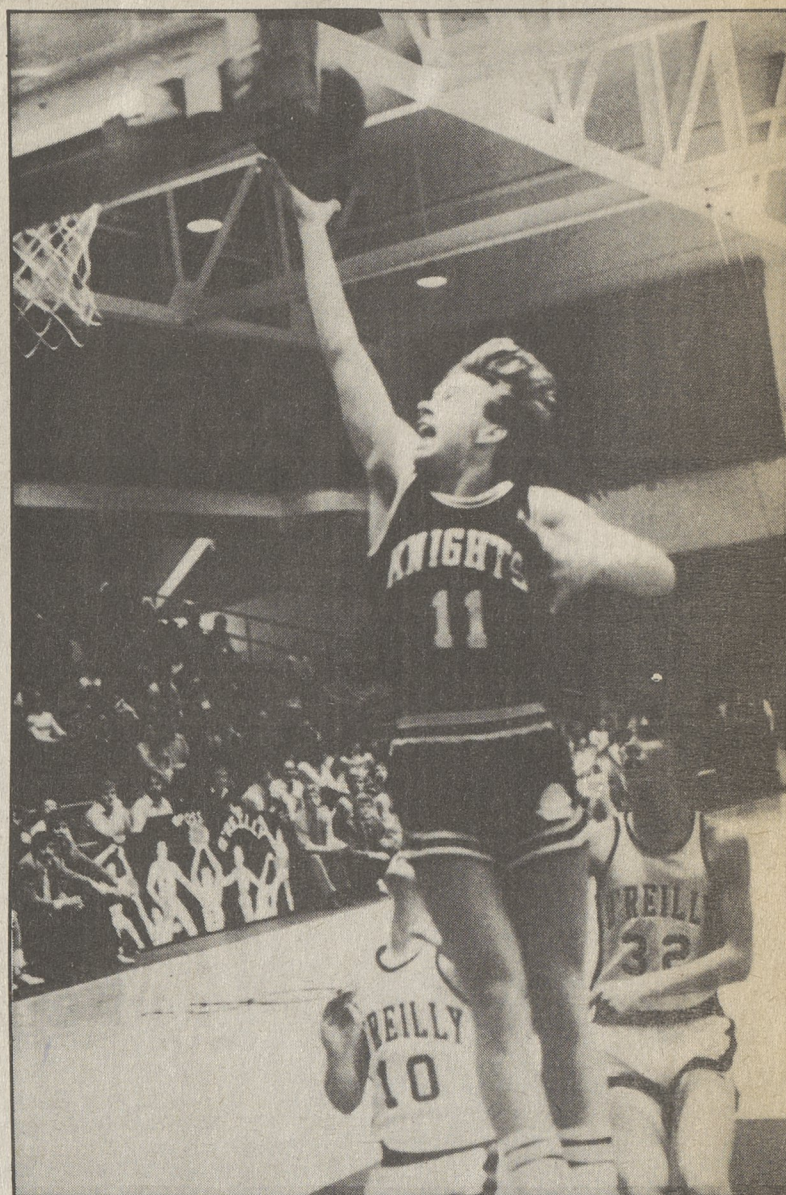
Nanticoke outscored Dallas 20-12 in the first quarter and 13-6 in the second to take a 33-18 lead into the lockerroom at halftime. In the third period, Chris Greco scored 10 points to lead the Trojans in outscoring the Mountaineers, 18-5.



Dallas Post/Ed Campbell

HELP!

Lady Knight Diane Jachimowicz searches frantically for a teammate to pass the ball to during a recent game at the Bishop O'Reilly Basketball Tournament. Trying to nullify a possible pass is Bishop O'Reilly's Gina Bayo. The Queenswomen posted a 39-26 victory in that game.



Dallas Post/Ed Campbell

Konopke scores

Walter Konopke of the Lake-Lehman High School boys' basketball team soars high alone as he scores two for the Black Knights during their 45-40 victory over Bishop O'Reilly. Action was during the recent Bishop O'Reilly Basketball Tournament held at the Kingston school.



Dallas Post/Ed Campbell

Looking for help

Lake-Lehman's Cheryl Mushala reaches above a Bishop O'Reilly defender to attempt a shot at goal during a recent game in the Annual Bishop O'Reilly Basketball Tournament. The Queenswomen defeated the Back Mountain girls, 39-26.

Be careful of glasses

Skiers who wear glasses or contact lenses need to give their eyes some extra attention before taking to the slopes this winter. According to the Pennsylvania Optometric Association, (POA) having the right eyewear is as important to safe, enjoyable skiing as is good vision.

"Most professional and competitive skiers who need prescription lenses prefer contacts," said Dr. James Tribbett, POA President. "They provide more natural vision; do not fog up in snow or rain; and usually stay in place even during a fall."

"Weekend skiers who wear glasses, however, can manage with their specs," he said. For safety, Dr. Tribbett suggested they choose a sturdy, preferably plastic, frame and either plastic or impact-resistant glass lenses.

Bifocal wearers should have a separate pair of single vision lenses for skiing, since it takes much practice to get used to bifocals on the ski slope.

All skiers should wear tinted

sunglasses or goggles that screen out 75 to 90 percent of available light on bright, sunny days, as well as cloudy days. Sunglasses make seeing more comfortable; protect eyes from the sun's ultra-violet rays, which can give a tan to skin and irritate eyes; and help the eyes adjust more easily to night darkness and low light levels indoors.

The Pennsylvania Optometric Association recommends a medium or dark gray, green or brown tint for sunwear. "Mirrored" coated lenses and polarizing lenses are a good choice to combat intense glare situations on sunny days. Many skiers will also find the newer sun-sensitive lenses suitable on sunny slopes.

Skiers who wear prescription glasses should discuss their sunwear needs with their doctor of optometry. There are many choices in tinted goggles and glasses. A skier will be happiest with the one that best meets his or her individual needs.