

Mountaineers sporting 5-0 record in field hockey

By LYN KRYESKI
Sports Writer

DALLAS TOWNSHIP - The Dallas field hockey team remained undefeated in Wyoming Valley Conference play after five games with a 3-0 win over Abington Heights Monday. The victory was also the fourth consecutive shut-out for the Lady Mounts, who have given up just one goal to date.

"When you're able to keep the offensive pressure on, like we did today, it takes the pressure off of your backs and keeper," said Dallas coach Ron Moran.

And did the Dallas offense keep the pressure on Abington - close to 80 percent of the contest was played near the Comets goal. Having the ball on the opponents end of the field and getting it in the goal are two different things, however. The Dallas fans began to get antsy after a while and

"This is a tough week, we've got a long way to go."

Ron Moran
Dallas coach

began to wonder if their team would ever score.

Although the Lady Mounts continuously threatened to put the ball in the net, they were not hitting the ball with authority and seemed to have a hard time getting their sticks down. Dallas was trying to slap the ball from the outside instead of setting up tight at the top of the circle.

With the score tied at zero, and about seven minutes remaining in the first half, Moran did something he normally doesn't like to do - call time out.

"We weren't intense, even though we talked about intensity just before the game," said Mo-

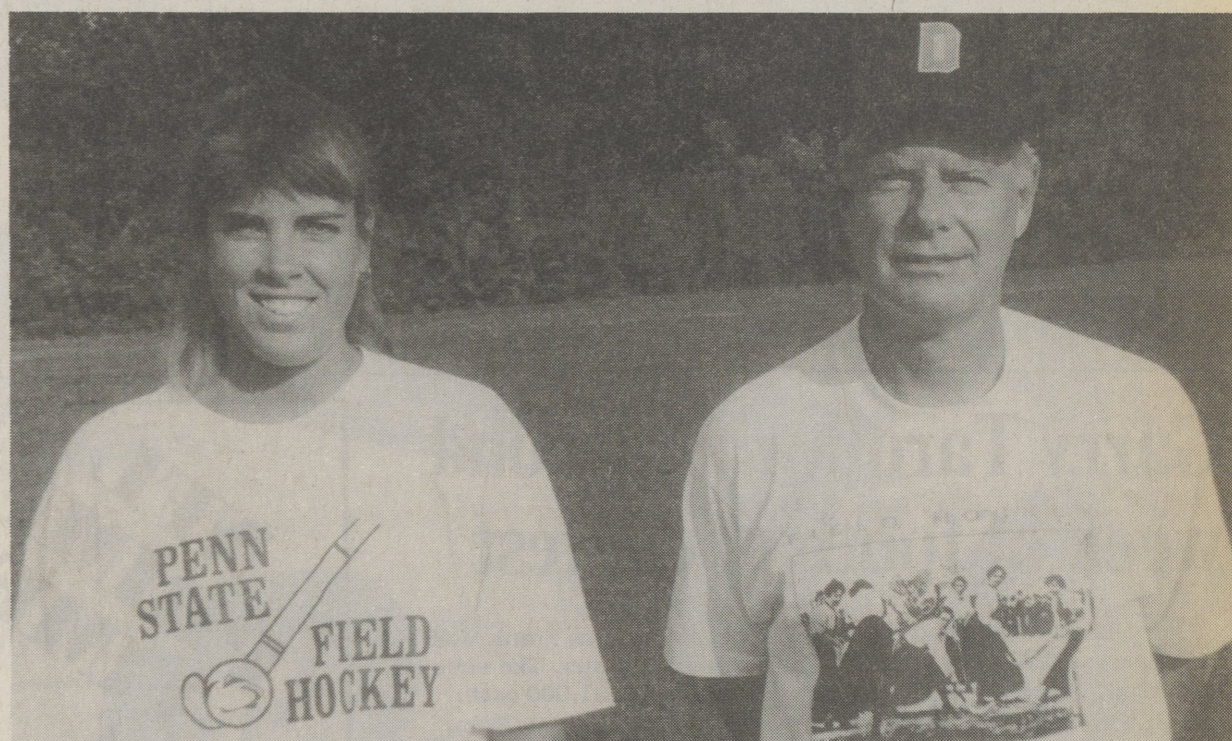
ran. "Our sticks weren't down and we weren't doing fundamental things."

After the little midfield session the Lady Mounts starting hitting the ball with authority and really went to work on the young Abington team. Moran was pleased with the effort of the girls from that point on with the exception of their drives.

"We really don't do well when we have free hits," Moran said. "The drives off of those were not real strong today."

Dallas got on the scoreboard with 3:25 remaining before halftime when Kristy Woolbert fed Melanie Getz. Getz made it 1-0 by slapping the ball into the right side of the Abington net.

Dallas wasted little time adding to the lead in the second half. Amory Fetko scored off an assist from Mary Ann Selenski at the 28:48 mark. At 14:51 the two forwards accounted for another



Mountaineer head coach Ron Moran, right, and assistant Nancy Shaw have the team off to an undefeated start this year. But it's along season, cautions the veteran coach.

score, this time it was Fetko feeding Selenski.

Statistically, Dallas finished with 32 shots and 25 corners. Senior goalkeeper Lisa Tomaine recorded two saves and received plenty of support from defenders Kathy Ferko, Suzanne Fisher and Michelle Moleski. The play of the Dallas links has helped them post

four shutouts thus far.

"If our links are doing the job of getting through to our forwards and keeping the ball from getting downfield, our offense really has a better flow," Moran said.

A month ago, Moran felt consistency would be the key to the '95 season, and although undefeated, his feelings on the subject

haven't changed. Dallas has posted high grades every other game. They'll need to break that streak if they hope to beat a strong Wallenpaupack team on the road.

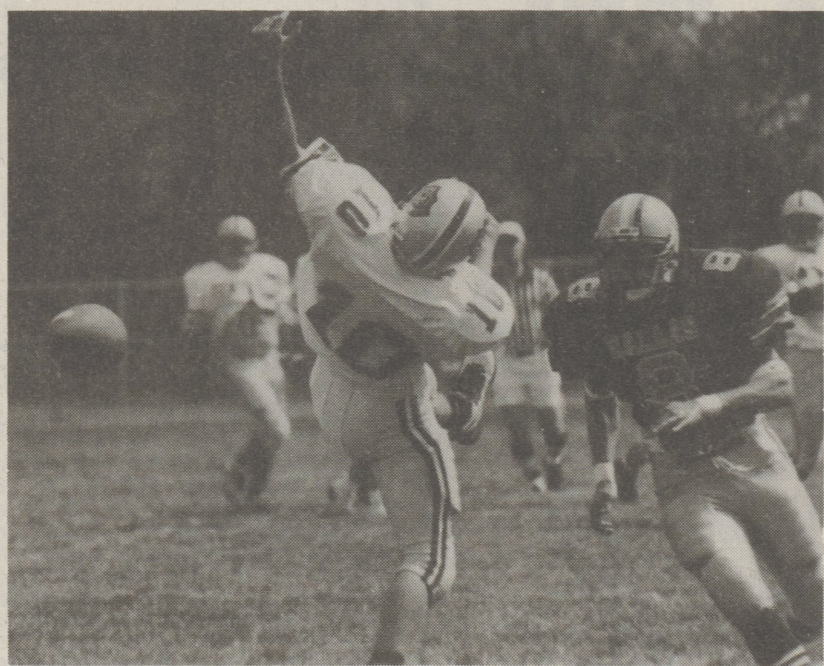
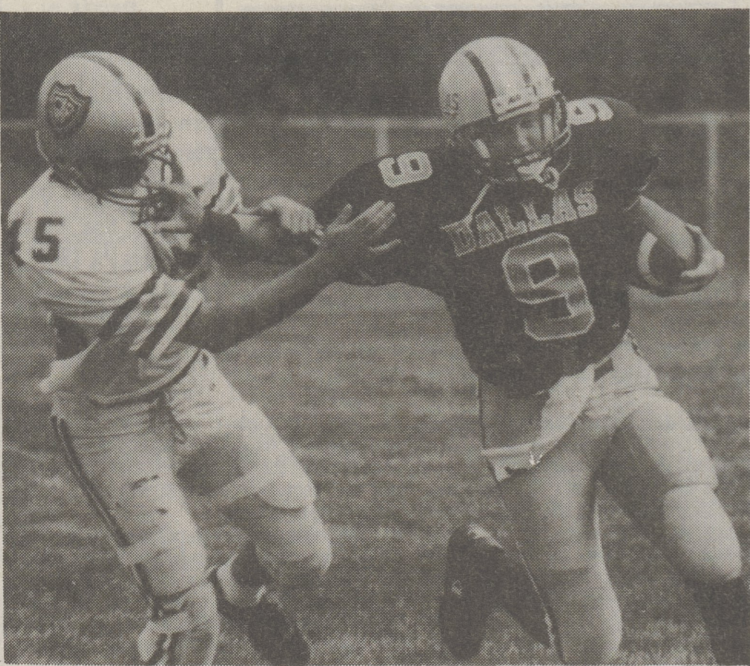
"Wallenpaupack is really tough, especially defensively," Moran said. "Then we play Bishop O'Reilly on Friday. This is a tough week, we've got a long way to go."



Dallas pulled out close win over GAR

The Dallas Mountaineers kept their record unblemished with a tight 23-20 win over GAR last week. Frank Valvano scored two Mount touchdowns and Jeff Kunkle one and kicked a field goal. In photo at left, Kunkle runs down GAR back Maneul DeGraffenreid. Below left, quarterback Ted Jackson Jr. scampeted around end. Below, right, Mark Kaschenbach broke up a GAR pass play. Dallas plays at Crestwood Saturday.

POST PHOTOS/JACK JONES



Cara Stroud helps all around the court

By LYN KRYESKI
Sports Writer

Cara Stroud, a senior middle hitter for Lake-Lehman, fully understands that it takes more than talent to become one of the premier volleyball players at the high school level. She has shown a strong on-the-court sense plus has been willing to dedicate herself to the sport, even if it means giving more than one hundred percent and staying after practice.

Stroud's love for and dedication to girls' volleyball made her a first team all-scholastic player a year ago. Lehman coach Bob Rogers hopes the program will benefit from her attitude for years to come.

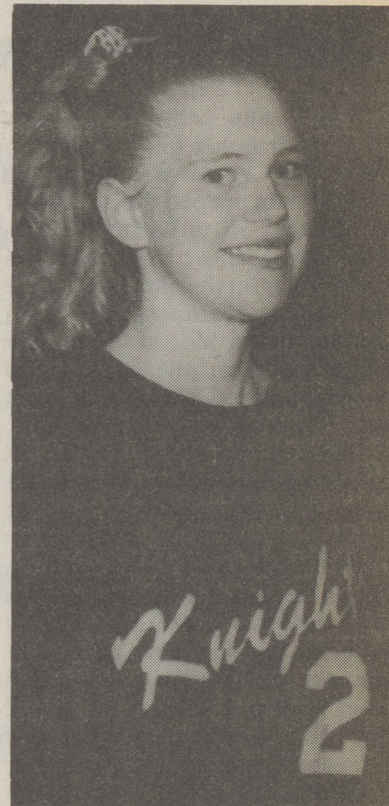
"I hope all of my freshman look at her and say, someday I want to play volleyball like that," Rogers said.

It's not uncommon for Cara to stick around long after most of the varsity players have gone home and help out with the freshman, work on her digs or just take a tub full of volleyballs and hit away. "She puts the time in, works at volleyball and the results show," Rogers said.

Another sight has become all too familiar to Lake-Lehman opponents - Stroud making a key block, pass or serve that leads to a point for the Lady Knights.

"She has progressed in all parts of the game," explained Rogers. "She's an excellent server and blocker, a good passer and a good hitter when we give her the ball. I wouldn't say at any time I had to say you must work on one part of the game more than anything else."

Cara is the daughter of Donald and Fay Stroud of Sweet Valley. She has a younger sister Kelly as well as two half sisters, Lori and



CARA STROUD

Patty. She also has a half brother, Clinton. An older cousin, Mark, helped get her interested in the game of volleyball while she was in seventh grade. A church basement league was Cara's first experience with organized volleyball.

Since then she's attended a number of summer camps at Wyoming Valley West and one at Juniata College last summer. Blocking is her favorite part of the game, while she feels she's made the most improvement in the passing department.

"I used to only like to hit because I wasn't a very good passer," Stroud said. "Now my pass-

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\$1 million golf shootout will aid VOA

Media celebrities will join an estimated 800 golfers for the Red Baron Pizza Million Dollar Shootout to benefit Volunteers of America and Wyoming Area Kiwanis. The event will be held September 21-24, 1995 at Rich's Golf Center, Wyoming Avenue, Wyoming. The Red Baron Pizza Million

Dollar Shootout works much like a closest-to-the-pin contest. Some 18 tee mats will be set up at Rich's Golf Center, Wyoming Avenue, Wyoming during the competition. Golfers will pay \$1 per ball to shoot at a special green from approximately 115 yards. Each

golfer who makes a hole-in-one and the next 30 players with shots closest to the pin will qualify for Sunday's finals. Any golfer shooting a hole-in-one in the finals would win the \$1 Million Dollar prize.

If no one wins the \$1 million,

prizes will be awarded to the top 10 golfers hitting the shots closest-to-the-pin.

For more information on the Red Baron Pizza Million Dollar Shootout, please call Colleen Jackloski at Volunteers of America at 1-800-836-4VOA.

SPORTS THIS WEEK

DALLAS	LAKE-LEHMAN
Cross Country	Cross Country
Thur., 9-21 Bishop Hoban, home	Wed., 9-20 Crestwood, home
Wed., 9-27 @ Hanover	Wed., 9-27 @ Wyoming Area
Field Hockey	Field Hockey
Wed., 9-20 @ Wallenpaupack	Wed., 9-20 GAR, home
Fri., 9-22 Bishop O'Reilly, home	Fri., 9-22 Hazleton, home
Wed., 9-27 @ Honesdale	Football
Football	Fri., 9-22 @ Hanover
Sat., 9-23 @ Crestwood	Golf
Golf	Thur., 9-21 @ Berwick
Thur., 9-21 Hanover, @ W.V.C.C.	Mon., 9-25 Hazleton, home
Mon., 9-28 Lake-Lehman, Irem	Soccer
Soccer	Thur., 9-21 Bishop Hoban, home
Thur., 9-21 Bishop O'Reilly, home	Fri., 9-22 @ Meyers
Sat., 9-23 @ Tunkhannock	Tues., 9-26 Berwick, home
Tues., 9-26 Coughlin, home	Volleyball
Volleyball	Wed., 9-20 @ Hanover
Wed., 9-20 @ Pittston	Tues., 9-26 Meyers, home
Tues., 9-26 Wyoming Area, home	All dates weather permitting