

SMALL STARS

Adrien Pugh, below, the only girl on the Dallas Mini-Mounts, got some refreshment during a break in the action Sunday. She's a kick return specialist. In top right photo, Nick Varella turned the corner for a gain. Rachel Landers, below right, offered some moral support.

POST PHOTOS/CHARLOTTE BARTIZEK



2-sport star

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goal. It also demands continuous physical contact among players.

In cross country, the pace is much more even. Each individual runner is essentially competing against time. While running, each athlete must constantly push themselves. Self-motivation is extremely important, and physical contact is avoided.

"I guess I switch gears when I move from one sport to the next," Natalie said. "Running relaxes me, it gives me time to think. But to play hockey, you have to get psyched up. That's really easy to do when you play on a team like ours. We get each other psyched."

Talking to the easy-going high school junior, it's hard to imagine her fiercely competing in two such demanding sports. According to her cross country and track coach, Bill Kvashay, Natalie definitely stands out. "Natalie is an exceptional athlete. She is one of the most self-motivated people I have

ever known. The job she did last year (taking 10th place at Districts), without really training with a team is outstanding."

Two hours of field hockey practice coupled with 3 to 5 miles of running each night doesn't seem to leave room for much of a social life. But seeing nothing abnormal about her seemingly hectic schedule, Natalie disagrees. "I have time to hang out with my friends, and I always have time for my schoolwork."

You might wonder, does she ever get run down? She says no. In fact, Natalie believes that her running keeps her in great shape for field hockey.

As for goals for both sports this season, Natalie doesn't have any specific individual goals. "I hope we win more than we did last year, and that I can do better than I did last year." Seems like the attitude you'd expect from a team player, a two-sport team player.

Shorts

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the Knights 172-179 Sept. 12 at the W-B Munciple course. Dom Castrignano and Matt Loftus were low for the Knights slicing 44s three shots behind the medalist. **Dallas 163, Valley West 172**

Chuck Fehlinger mastered the Irem Temple course with a 2-over par 38 to capture medalist honors and lead the Mounts to their fourth win of the season with a 163-172 victory over Valley West Sept. 11. Justin Jumper carded a 39 while Tom Swartwood finished with a 41 and Brian Blaze a 45. **Lehman 189, O'Reilly 199**

The Knights pocketed thier first win of the season Sept. 16 with a 189-199 victory over O'Reilly at Huntsville. Chad Sorber and Gary

Sagan shared the low card for Lehman with 46's followed by Joe Hardisky a 48 and Dom Castrignano 49. O'Reilly's Don Embleton was medalist with a 42.

CROSS COUNTRY

Lehman 19, Wyoming Area 36

The Knight pacers took the first three finishes en route to a 19-36 win over Wyoming Sept. 11. Jason Lyons crossed the line first at 16:58 followed by Joe Maskalis and Jim Lyons. Will Bloom and Nick Long rounded out placing for Lehman placing sixth and seventh respectively. Alison Savage was the first female to cross the line but with no back up the Lady Knights lost 15-50.

Knights

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very good team, and I think that they stepped it up a notch today. We made mistakes that you can't make against a team like them. Don't take anything away from them, they played hard today."

Gorgone said before the season began that after three games he and his staff would evaluate the team. The three games having been completed, how good does Gorgone feel his team is?

"Right now we are a competitive football team. We have been making too many mental mis-

takes. I'm not sure if it's a lack of concentration or what, but we need to improve. We are not good enough to overcome the number of mistakes that we've been making."

There are many reasons for the Knights' inconsistent play. This season Gorgone is starting many inexperienced players. Last year's team had several seniors who had also started as juniors. This edition of the team is green in many positions.

Next up for the Knights are the

Crestwood Comets, a team that Gorgone considers to be very good, regardless of their record. The Comets are 0-3, but their losses have come to teams with a combined 8-1 record.

"Don't let their record fool you,

Crestwood is tough," warned Gorgone. "They are very big, very physical, and they have a great running back. They line up a wishbone formation, but it's more of a power-I-running attack. They come right at you."

Dallas Youth basketball registration

Dallas Youth Basketball will hold registration for boys and girls winter leagues at the Dallas Middle School cafeteria Sat., Sept. 21 from 9 to 11 a.m. and Mon., Sept. 23 from 7 to 8:30 p.m. Children in grades 3 through 8 who reside in the Dallas School District are eligible. For more information, call George Gracely at 639-1467.

Raiders B team rolls to 2-1 record

The Raiders B Team improved their record to 2-1 with an impressive 24-18 win over the Swoyersville Sailors. The Raiders offensive line consisting of Billy Youells, Marty Murray, Doug Zaruta, Danny Piccillo and Angelo Sperlazzo paved the way for three long scoring drives.

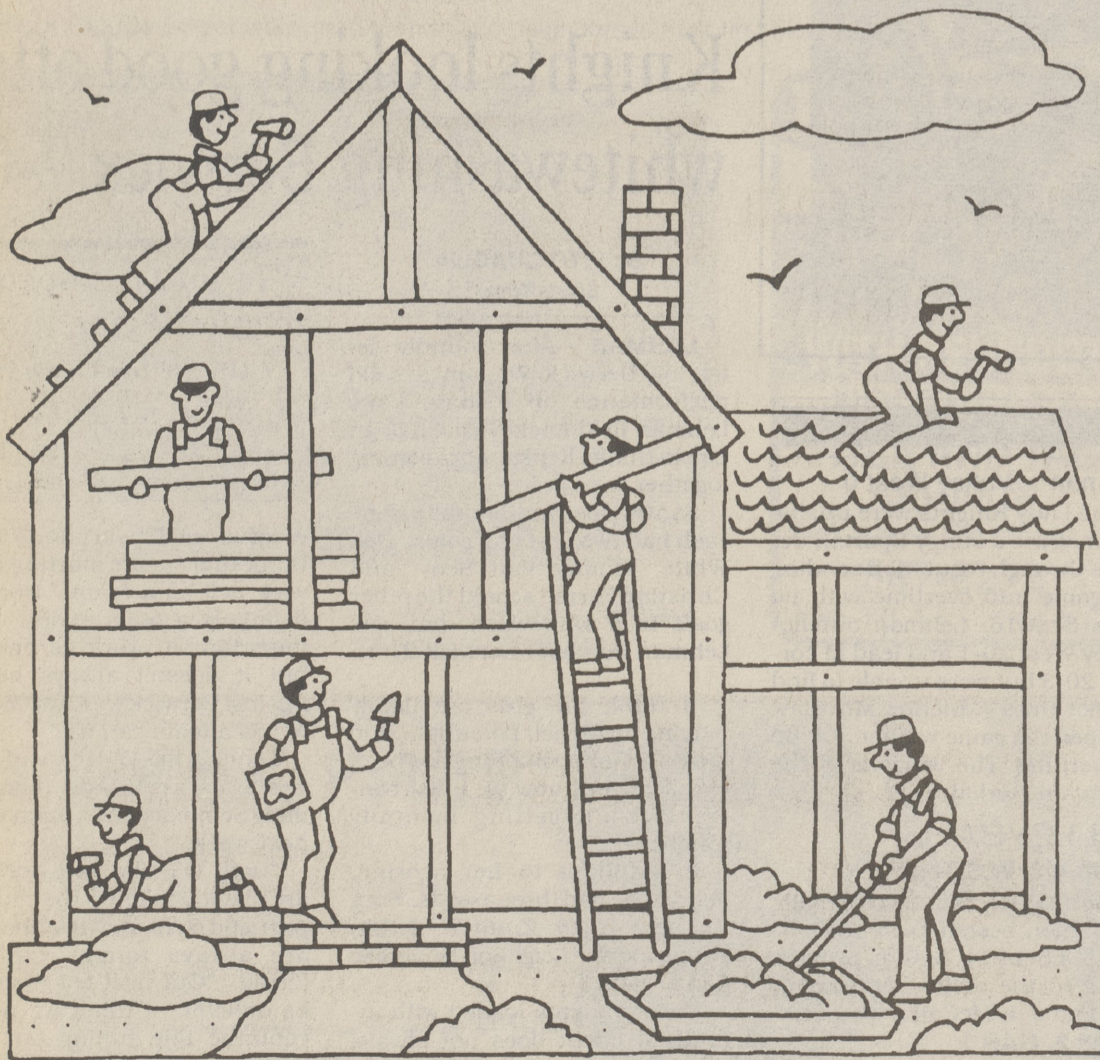
Bobby Zaruta connected on two touchdown passes to Pat Harmon

and Steven Salavantis and scored one himself from eight yards out. Zaruta also made two two-point conversions and Jonathon Barbose added the third conversion.

The Raiders defense was led by Nick Mathewson, Matt Rondina, David Rowett, Kenny Regan and Jonathan Miller.

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