

Sports Week

Section 2

Wednesday, April 15, 1998



Lady Knights explode in OT for 4-1 win

After battling Dallas to a 1-1 tie in the first 80 minutes, Kelly Spencer gave Lake-Lehman a 4-1 victory with three goals in less than 10 minutes of overtime.

The Black Knights trailed 1-0 after Jesse Tarity kicked in a Dallas goal at the 35-minute mark, but Melissa DeCesaris evened the score off a Spencer assist with 20 minutes remaining in regulation. That was the only shot that got past Dallas goalkeeper Melanie Sappe, who turned away 21 or Lehman's 39 shots throughout the contest.

Lehman's domination in regulation was complete, except in scoring. Besides outshooting the Mountaineers 39-5, the Knights had 13 corner kicks to five for Dallas.

Two of Spencer's goals came off feeds from Jess Elston; the other was on a direct kick. Jeannie Dreier picked up the assist on Tarity's goal for the Mountaineers.

Lake-Lehman, 4-1, is now tied with Coughlin in first place in Division 1 of the Wyoming Valley Conference. They are scheduled to host Wyoming Valley West (4-0) today. Dallas, 2-2, will face Meyers (3-1) at home the same day.

In photos, clockwise from top left; Jen Frank (33) headed the ball over Jesse Tarity; Dallas goalie Melanie Sappe grabbed the ball in a crowd; Jeannie Dreier (27) streaked down the left side as Lauren Wasser (44) prepared to defend. Dreier fed Jesse Tarity for the Mounts' only goal; Stacy Amann, right, battled Kelly Spencer (4) for control. Spencer scored three goals in overtime to seal the win.

POST PHOTOS/RON BARTIZEK

BMT Baseball golf tournament

Back Mountain Baseball Inc. is holding a benefit golf tournament Sunday, April 26 at Edgewood in the Pines golf course, Drums, with a shotgun start at 1 p.m. Cost of \$200 per foursome (\$50 for individual golfers) includes greens fees, cart, food, beverages and prizes.

Sponsorships for tees (\$50), holes (\$100) and training equipment packages (\$200) are also available. Back Mountain Baseball provides baseball and softball opportunities to more than 1,000 children ages 6-16.

Payment for players and/or sponsorships may be made out to BMT Baseball Inc., and mailed to John Oswalt, 21 Doe Drive, Dallas PA 18612.

KT Raiders signups for players, cheerleaders

Kingston Township Raiders Junior Football will be holding registration sign-ups for Players and Cheerleaders on Sat. April 18 at the Shavertown Fire Company on Main Street, Shavertown, between 10 a.m. and 2 p.m. Registration is open to boys and girls ages 6 through 14 who reside in Kingston Township as well as some surrounding areas.

Registration fee is \$35 per participant of \$50 per family with more than one child. New participants must bring a copy of their birth certificate and a recent photo. Call Bob Zaruta, at 675-0066 for additional information.

Seminary Open golf tourney May 8

The Wyoming Seminary Alumni Association recently announced Mellon Private Asset Management as the principal sponsor for the 14th Annual Wyoming Seminary Open golf tournament.

A shotgun start is slated for 10 a.m. Fri., May 8 at Mill Race Golf Course, Benton. The proceeds benefit the Wyoming Seminary Alumni Scholarship Fund, which provides financial aid each year to qualified students.

To register for the tournament, or for more information on sponsorship opportunities, contact Sue Dantona Jolley at Wyoming Seminary 283-6040.

AHA ByPass Open set for May 11

Planning efforts are underway for the American Heart Association, Luzerne County Division's 16th annual Joseph Brennan-Joseph Ressa Memorial ByPass Open Golf Tournament.

This year's tournament will be held on Mon., May 11 at the Wyoming Valley Country Club, Wilkes-Barre, with a 1 p.m. tee-off. All proceeds will benefit the American Heart Association in its fight against heart disease and stroke, our nation's number one killer.

This first class outing will include green fees and cart fees, hors d'oeuvres, cash bar, dinner, awards and hole in one opportunities. The entry fee is \$125 per player or \$500 per foursome. Donations are also welcome and sponsorship opportunities are available.

For additional information regarding participation or sponsorship opportunities, please contact Anne Kelly or Jane Roberts at the American Heart Association at 822-6247.

Put your pole on your bike, and go 'bangling'

By BOB QUARTERONI
Special to The Dallas Post

When you head out for the opening day of trout season Saturday, you might think that each and every one of the state's 12,052,000 residents are out there with you. It won't be true...but it will definitely feel that way, especially on Harveys Creek, Moon Lake and other heavily stocked waters.

If that cramped feeling gets you down, I've got a solution for you.

I call it bangling, but you could as easily call it bishing or fiking. Whatever the name, the combination of off-road biking and fishing is the ideal solution for those seeking solitude along with their fish. It allows you access to many miles of Northeastern Pennsylvania waters normally out-of-reach, provides a bit of stress reducing exercise and, most importantly, lets you get away from the crowd.

I started bangling one crowded spring day a few years ago along with Woody Haydt, a physical therapist at Star Rehabilitation in Dallas. We were so frustrated by the hordes of anglers surrounding us that we realized a drastic solution was our only hope. Luckily, we both had our bikes with us. Woody had his mountain bike and I had my hybrid (a cross between a road bike and a mountain bike). We went to Bowman's Creek and its miles of isolated waters that run along an abandoned railroad bed road as it heads up Red Rock (North) Mountain.

As our initial bike-and-fish outing was unplanned, we had to improvise. We threw what supplies we could into plastic garbage bags and lashed them to our bikes with rope. We parked at one of the convenient State Game Lands parking lots along the road. Then, carrying our rods in our hands, we pedaled until we were out of sight of everyone, anglers

and hikers alike. Those four or five miles, which would have taken us several hours to walk, cost us only 20 minutes of easy biking on the cinderly trail. We found a suitable spot, chained our bikes to a trailside tree, and proceed to enjoy a private afternoon of fishing, undisturbed by fellow anglers (or fish, if I remember correctly).

If you decide to give bangling a whirl, realize that you'll need a few things:

A bicycle, of course. It needn't be fancy, since the best trips are not up Alpine mountain passes, but on easy to moderately difficult dirt roads, paths and trails.

What type of bike is best? It depends on you. If you plan to stay off paved roads entirely, then a rugged mountain bike, with flat handlebar, fat tires, cushioned seat, 15 to 24 gears and powerful hand brakes is probably your best bet.

If — like me — you plan to spend time both on highways and off the beaten path, a versatile hybrid will serve you well. Hybrids, also known as cross-terrain or cross-fitness bikes, resemble mountain bikes with flat handlebars and cushioned seats, but they normally have fewer gears and narrower, less knobby tires.

Unless you have the balancing abilities of a Wallenda, you'll want a travel rod and case that you can strap to the frame or handlebars of your bike or carry in a backpack, another bangling necessity.

If you are a spin or bait fishermen, you can pick up telescoping rod and reel combinations at many department stores for as little as \$25. If you are a fly fisherman, a four-piece travel rod is your best bet. These are available at many fishing stores and through all major outfitters.

You'll also want a sturdy case for your travel rod. The 30-inch aluminum tube I bought from a national outfitter cost \$20 and is



Woody Haydt, who works at STAR in Dallas, swings a fly rod while "bangling."

indestructible.

A long cable or chain and a good lock is also important. Unfortunately, even in the backwoods, the possibility of a thief making off with your bike is too great to chance it.

Back Mountain anglers are blessed in having easy access to one of the finest bangling spots in the commonwealth: Bowman's Creek in Luzerne and Wyoming counties. Head to Noxen (Rt. 309

to Rt. 29), take a right onto Main Street and a left at the bridge at the end of town and you'll be on a road that parallels the creek up to Stull. Above Stull, an easily bangled (though open to traffic) road follows the stream to its headwaters on North Mountain, passing through State Game Lands 57 on the way. It's a pleasant, leafy ride and the stream's upper

See BANGLING, pg 10