

Roundup

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ets outscored them in the second half by a 38-21 to come out with a relative easy win Monday night. Dallas boasted three double digit scorers in the game. Jenn Noon was tops in the game with 21 points. Karla Blasé was next for Dallas with a dozen points. Stephanie Simonitis was right behind Blasé with 11.

WRESTLING

Hanover 34, Lehman 31

The Hawkeyes won seven of the final ten matches after being down 17-0 after three matches in a rally to defeat the Black Knights last Wednesday in Hanover. Of the first three matches, Lake-Lehman got pins from Kelby Morgan (103) and Ryan Post (119) and a technical fall from Jon Bird (112). Lehman then did not record another victory until it got three wins of the final four matches. Matt Kehler (275) earned a pinfall victory in the heavyweight category, while Dave DeLong (160) and Rick Hislop (171) won by major decision.

Lehman 39, Coughlin 23

Lake-Lehman's Aaron Kubasik (125), Matt Gonzalez (135), Jason Wood (140), Jim Higgins (145), and Dave DeLong (160) each had pins in the middle weights to help the Black Knights defeat the Crusaders Saturday night on the road. Matt Kehler (275) won by decision for the Knights, and Ryan Post (119) won by forfeit.

Meyers 54, Dallas 19

Dallas suffered pinfall six times as Meyers cruised to an easy victory. Damian Temperine and Darrell Evans earned Mountaineer pins, with Temperine winning at 160 and Evans at 152. Jake Walter won by major decision for Dallas at 189 while Perry Coolbaugh won 3-2 at 135.

GIRLS SWIMMING

Scranton Prep 99, Dallas 70

Undefeated Dallas fell to unbeaten Scranton Prep Wednesday of last week at a meet held at the University of Scranton. Mountaineer Erin Allardyce earned first place in both the 200 individual medley and in the 100 breaststroke. Shannon Gaffney earned top honors in the 200 freestyle while Cheryl Kirkwood took the same position in the 100 fly. The two also earned team points in the 500 free, with Gaffney finishing runner-up and Kirkwood third.

Dallas 129, West Scranton 39

Shannon Gaffney and Erin Allardyce each earned four first place finishes in a Dallas romp over West Scranton Friday evening. Cheryl Kirkwood had a career day in earning three first place positions and three more runner-up positions. Abbie Pisacano finished first on three relay teams and second in the 50 Free. Lacey Cooper earned an individual first, a relay title, and a second overall in the 100 Free. Annie Savage won the 200 Free for Dallas while Colleen Murphy took honors in the diving competition.

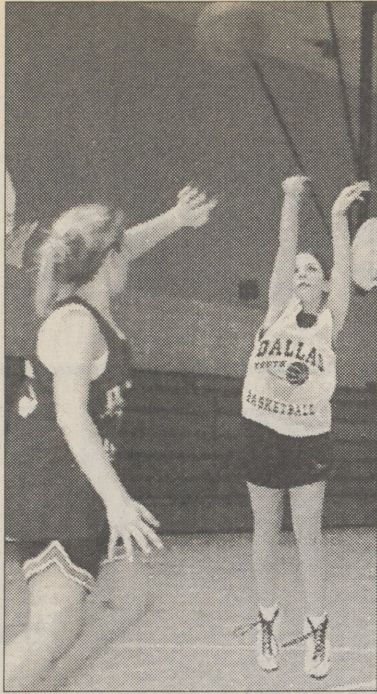
BOYS SWIMMING

Dallas 111, West Scranton 35

Matt Schweitzer and Carl Wilcox of Dallas had four firsts apiece in an easy win over West Scranton. Schweitzer took first in the 200 Free and 500 Free and was part of the champion relay team in the 200 Free and 400 Free. Wilcox took honors in the 200 IM and 100 Free and was part of the 200 Medley and 400 Free relay winners. Seth Yeager won the 50 Free and second in the 100 Free, behind only Wilcox, in addition to being a member of the champion 200 Medley relay and 400 Free relay teams. Doug Yeager won the 100 Back and took third in the 100 Free as well as starting the 200 Medley relay team. Arie Van Kuyk won the diving competition.

DYB 7th grade boys are 3-0

The DYB 7th Grade Tournament team improved their record to a league-best 3-0 with a 57-36 win over Solomon Junior High. Matt Kelly led the team's high voltage fast break, scoring a game high 19 points. Matt Daube added 10 points and Curtis Montz 9. The team hit a large percentage of their outside shots, led by Eric Samanas and Jimmy Schwardtman.



Jackie Opel, left photo, put up a shot Sunday for Dallas Rotary. In right photo, Nikki Gelso of Burger King reached in trying to strip the ball from Tami Morris of Josie's Italian Ice.



POST PHOTOS/JIM PHILLIPS

Dough Company tops Eye Care Specialists 34-31

Shannon Thomas hit seven of nine free throws in the fourth quarter to go along with her game high 21 points, as the Dough Company improved to 7-0 on the season. The Dough Company was trailing 21-25 before mounting a fourth quarter comeback. This game was for the rights to first place, since Eye Care Specialist's only loss of the season came in week #2 to The Dough Company. Other players contributing for The Dough Company were Kara Ringle 5 points, Sarah Picynski 4 points, Kristen Evans and Nikki Pisacano 2 points apiece. Katie Smith played outstanding defense that was very important to winning the game.

DYB
7-8 GIRLS

The Eye Care Specialist were led by Halli Williams, Corey Patton 13 points each and Megan Savage 5 points. Eye Care Specialist defense was led by Sarah Swepston, Lauren Noreika, Tiffany Gergel and Lauren Macri.

Dallas Rotary 30 - Dallas Lions 15

Mallory Carcy led the way for the Dallas Rotary with 10 points, followed by Rebekah Clay 8 points, Meredith Lacey, Caitlin McGuire 4 point apiece. Kim Durr and Jackie Opel 2 points each. Caitlin Dukas led the way for The Dallas Lions with 10 points, followed by Rosalyn Wentko, Nicole Allan 2 points each and Melissa Evans 1 point. Brooke Blase and Samantha O'Brien led the way for the Lions defensively.

Josie Italian Water Ice 46 - Burger King 34

Jodi Dickson's game high 21 points leads her team to victory 46-34. Dickson exploded with 16 points including a huge 3 point shot. Other players contributing for the ice makers were Jackie Hardwick 17 points, followed by Samantha Decker 6 points and Nikki Gelso 2 points, while Jessica English and Michelle Luksh led the way defensively. Ashleigh King led the scoring for Burger King with 17 points, followed by Tami Morris, Katy Whalen 6 points each, Sandy Krgulski 3 points and Kelly Corbett 2 points. Leading the way defensively for Burger King were Krystal Derhammer and Amanda Szczucki.

DYB
3-4 BOYS

Daube, Crossin lead Bonner over Fieldhouse

Matt Daube and Tim Crossin combined for 43 points to lead Bonner Chevrolet to a 56-52 win over The Fieldhouse. Also scoring for Bonner (3-6) were Jonathan Pall with 7 points and Conor Judge with 6. The Fieldhouse (7-2) was led by Matt Wilson with 21 points, Chris Kester with 7, and Jon Baker with 6.

DYB
7-8 BOYS

Gilroy (3-6) was led by Ryan Murray with 11 points and Curtis Montz with 9. Gene Lispi and Adam Snider added 2 points each.

Eastern Penn Supply - 33 Baird Stone- 29

Tim Kerestes scored 14 points and Adam Schoonover 9, as Eastern Penn Supply won its fourth straight game by defeating Baird Stone 33-29. Joe Austin added 4 points for Eastern Penn (4-5). For Baird (7-2), D.J. Molino scored 8 points and Shane Gibbons 6. Jared Winstock led the defense.

Pace Physical Therapy - 39 Ann B. Diepietro, D.D.S. - 36

Jeff Pace scored 25 points as Pace Physical Therapy (5-4) edged Ann B. Diepietro, D.D.S. 39-36.

D.J. Tasslemeyer added 3 points for the winners while Danny Retzena led the defense. Diepietro (4-5) was led by Erich Mahle with a game high 33 points. Mike Race added 3 points while Zach Turchin and Chad Narcum led the defense.

Sneaker King - 43 Applewood Golf Course - 37

Ken Regan scored 18 points, while Boomer Coslett and Jared Nothstein added 4 points each as Sneaker King topped Applewood Golf Course 43-37. Joe Bednash added 2 points for Sneaker King (2-7). Applewood (3-6) was led by Tom Mulhern with 16 points and Michael Lloyd with 6. David Menzel and Sean Gilroy led the defense.

Insurancemen top bankers behind Thomas, Fagula

Ben Thomas and Brad Fagula combined for 55 points to lead Gordon Insurance to a 59-47 victory over Luzerne National Bank. Other players contributing for Gordon Insurance were Greg Jersak 4 points and lots of big rebounds, while Billy DeAngelo, Michael Miller, Sage Price and Glen Bynon played a good defense. Leading the way for the bankers were Mike Race 30 points, J.J. Durr 11 points, Paul Daniel's 4 points and Mike O'Day 2 points. John Thompson, Adam Besecker and Eric Butrue played a good defense for Luzerne National Bank. Gordon Insurance moves its record to 4 wins and 1 loss after 5 weeks of play.

DYB
5-6 BOYS

Gilroy Real Estate 50 - Morgan Stanley 32

Gilroy Realty jumped out to a

14 to 2 score at the end of the first quarter, on the shooting of Eric Domalzi and Jerney Weinstock. Gilroy Realty led at halftime 27 to 8. It was much the same in the second half with Gilroy providing a well balanced scoring attack, and controlling the boards. Gilroy Realty's offense was led by Eric Domalzi with 18 points, followed by Alex Baltimore with 12 points, Jerney Weinstock with 8 points, Nick Samanas with 7 points and David Hanadel with 5 points. Morgan Stanley was led by Adam Singer with 14 points followed by Adam King with 11 points.

Wilkes-Barre Pallet Co. 49 - NAPA Auto Parts 33

Bobby Lenahan scored a season high 34 points leading Wilkes-Barre Pallet Co. to a 49-33 victory over NAPA Auto Parts. Connor

Lenahan scored 8, Kevan Housseini 3, Ryan Konopki and Billy Barnes had 2 points each, while Robbie Justice, Jesse Schrader and Adam Taminini all had very good defensive games. Leading the scoring for NAPA Auto Parts was Kyle Mahle and Robbie Tomko with 13 points each. Also scoring was Chris Parrish with 4, Chad Gelso and Steven Zubko with 2 each. Andrew Kirk, Greg Gerzak, and Paul Shaver had several rebounds and very good defensive games.

In recent games, Wilkes-Barre Pallet Co. defeated Eye Care Specialists 63-31 and Morgan, Stanley, Dean Whitter 61-30. The Lenahan brothers combined for 46 points in each of these games. Ryan Konopki, Kevan Housseini, Robbie Justice, Billy Barnes, Adam Taminini, and Jesse Schrader combined for 17 points and 15 points.

Fieldhouse spurts past Penn State Seed in 2nd half

It was an exiting first half, as Jessica English scored a 3-pointer at the buzzer to tie the game up at 13 points apiece. The Fieldhouse took control of the game in the second half with Alyse Miller scoring 6 of her 15 points and Gina Martin scoring 10 points on the way to a 31-20 win. Amy Austin added six points for her team.

DYB
5-6 GIRLS

Penn State Seed had a well balanced offensive game. Jessica English had 7 points, Laura Nieman had 5 points, and Kathleen Paley and Becky Vodzak each scored 2 baskets.

Pace Physical Therapy - 25 Order of the Eastern Star - 8

Amanda Kamarunas and

Stephanie Pace each scored 7 points to lead their team for the win. Also scoring for Pace were Brittany Prater and Desiree Spears with 2 buckets each. Chelsea McHale added a basket and Rachel Schaub scored on a free throw. Katie Hession was high scorer for Eastern Star with 4 points. Kristen Evans scored 2 points and Suzy Krogulski made 2 foul shots.

Quality Collision - 18 American Legion Post 672 - 7

Nikki Pisacano scored 14 points and Jessica Jones added 4 points to keep Quality Collision the only undefeated team. Jackie O'Brien and Devin Lacey helped hold American Legion to 2 second half points.

CDI Forty Fort - 18 Eastern Insurance - 6

Robin Razawich led CDI's offense with 13 points. Lindsey McCabe and Courtney Taylor each scored 2 points and Stephanie Konecke scored on a free throw. Brittney Allan, Ashley Judge and Nicole Madden played great defensive games.

Sara Swepston scored all 6 of Eastern Insurance's points. Leading the defense were Kasey Corbett, Kelsey Moody and Chelsea Calhoun.

Deer

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bacteria that may have formed within the product. Instead it will be deemed for wildlife consumption and reduced in price. Buying agricultural level quality grains and feeds will increase the chances of it being disease free.

In most instances it is probably best that supplemental feeding only be used in the harshest of conditions and under the proper guidelines and locations. One must weigh out the pros and cons of feeding wildlife and as simple as it may be, a person should be educated thoroughly on the subject before doing so.

If you are going to feed deer, do not feed them bread. Too many times I've had people tell me that the deer eat the bread they put out, so what's the problem. Although a deer will eat bread, there is no nutritional value. A deer can have a stomach full of bread and

be slowly starving to death by drawing nutrients from its muscle tissue once its fat reserves are depleted.

By buying shelled field corn and a protein enriched feed and mixing them together you can give deer the nutritional values that they need. As the months go by and their dietary needs change, so should the mixture of corn and feed.

The breakdown of how a corn and 30% protein pellet feed should be mixed is as follows:

November - 5 parts corn to 1 part protein pellets
December - 4:1
January - 3:1
February - 2:1
March - 1:1

There are many factors and issues to this subject and it would take several chapters to thoroughly cover it. Hopefully the information I've provided will aid in your supplemental deer feeding.

Llewellyn & McKane wins in OT

Joshua Young made the winning shot in overtime as Llewellyn & McKane Inc., defeated Wyoming Valley Physicians Network 11-10. Kyle Arnaud led the winner with 8 points while Steve Dudascik added 2. Physicians (1-2) were led defensively by Greg Nothstein, while Joey Bevevino and Paul Cubby Kowalek provided the offense. Tom Youells and Eric Fritzges played well at both ends.

DYB
3-4 BOYS

EM Video - 27 Wyo. Valley Physicians Network - 21

Doug Harding scored 12 points to lead EM Video to a 27-21 win over Wyoming Valley Physicians Network. Also scoring for EM Video were Christos Iliadis with 3 points and Jonathan Shiner with 2. Physicians were led on offense by Greg Nothstein and Paul Cubby Kowalek. Bobby Vojtko, Joey Bevevino, and Zack Breck combined for 23 rebounds.

Wyoming Valley Prosthetics - 25 Mellon Bank - 12

Wyoming Valley Prosthetics & Orthotics topped Mellon Bank 25-12. The winners were led by Peter Blanchard, Justin Rice, Devon O'Brien, and Cliff Pisaneschi. Mellon Bank was led by Ryan Gregory with 6 points. Alex Olsen and Tommy Golightly keyed the defense.

Salomon Smith Barney - 23 Dr. Jack Ellis - 16

Chris Klais scored 20 points and Chuck Youngman 3 as Salomon Smith Barney defeated Dr. Jack Ellis 23-16. Ryan Urzen led the rebounding while Chris and James McAndrew led the defense. For Dr. Ellis, Michael Tonart scored 8 points, Jackie Ellis 6, and Scott Skammer 2. Richard Reinard led the defense.

Wyoming Valley Prosthetics - 32 Salomon Smith Barney - 26

Eric Tucker scored 19 points and Joe Kaiser 12 to lead Wyoming Valley Prosthetics & Orthot-

Kiley Williams leads team to 8-6 win

Kiley Williams lead Dr. Pietro with 6 points, followed by Danielle Krawetz with 2 in a close game. Dianna Morgan and Mallory Kern played an excellent defense. Gilroy Realty was led by Erin Delaney with 6 points. Playing a tough defense were Jillian Spring and Lucianna Kocher.

DYB
3-4 GIRLS

Dr. Jack Ellis 12, The Fieldhouse 4

Lyndsay Ellis led all scorers with 8 points to lead her team to victory 12-4. Paige Selenski added 4 points. Helping out defensively were Chelsea Martin and Stacey Stepniak. Leading the Fieldhouse was Jill Jackson with 4 points. Kayla Turchin and Morgan Kunkle played an excellent defense.

Slocum picks up 11th win in goal

Drew Slocum, of Shavertown, racked up his 11th win of the season in goal when the Pocono Pirates Squirt Youth Hockey team beat the Elmira Tigers twice last weekend. The Pirates host the Melody Brook Lazers Saturday and travel to Cortland, NY Sunday.

L-L field hockey parents to meet

The Lake-Lehman Field Hockey Parents' Association will hold their monthly meeting on Tuesday, Jan. 18, at 7 p.m. at the high school. All parents are invited to attend.

Send your sports reports by e-mail to: dalpost@aol.com