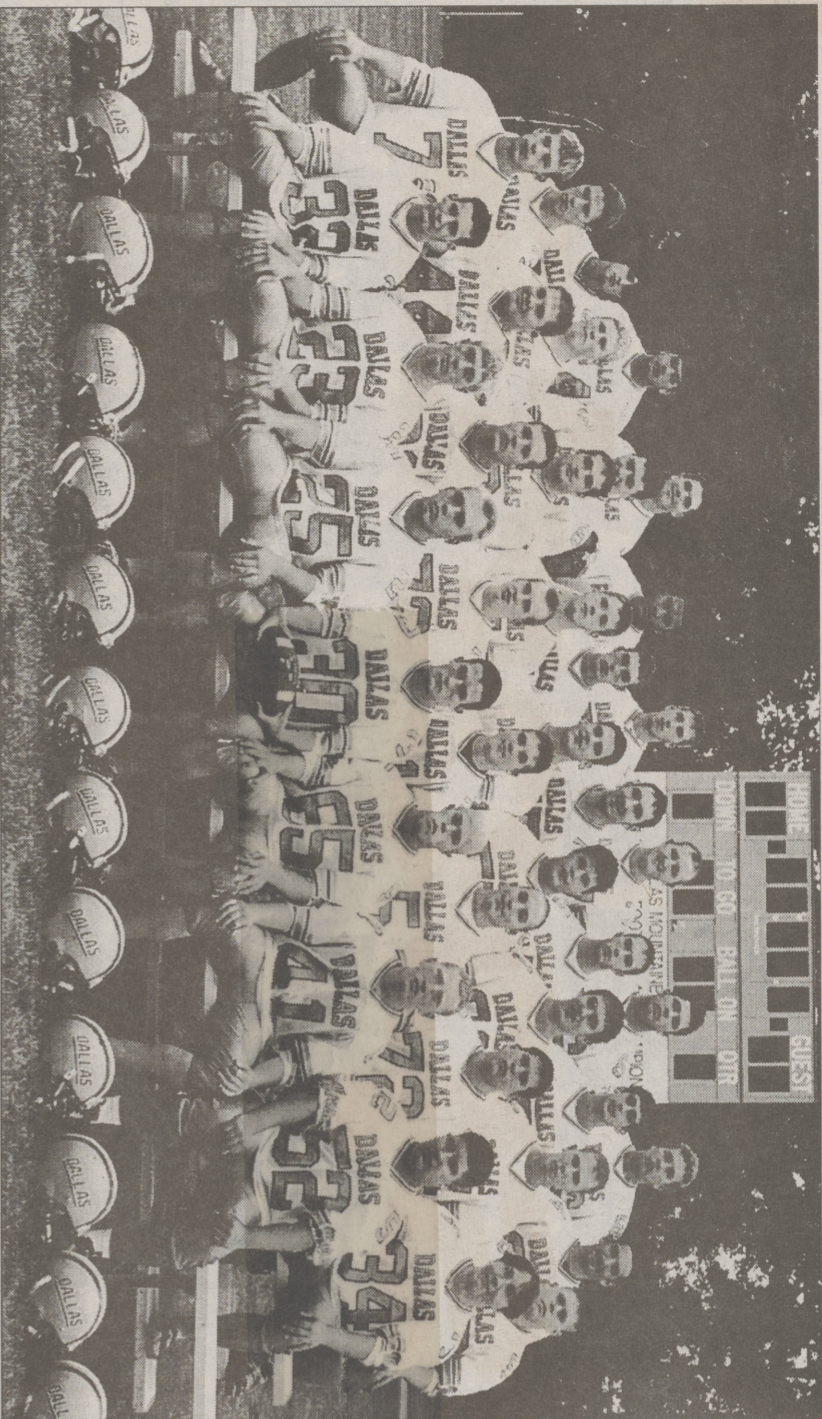


2000 Dallas football team

From left, first row: J.J. Sidorek, Luke Miller, Nick Harris, Ben Russonello, Kyle Wicht, Rich Franz, Bill Sighin. Second row: Shane Schroonover, Adam Harris, Chris Arnaud, Joe Youngblood, Kevin Arnaud, Ryan Bolton, James Larson, John Walter. Third row: Paul Grundowski, Paul Hiller, John Nackley, John Barbose, Chris Hayes, Steve Salavantis, Rich Adams, Ryan Gruskewicz, Mike Burns. Fourth row: Jason Race, Mitch Onzik, Brian Downey, Duane Short, Joe Rogers, Brian Vetter, Blake Saba, Vito Recchia. Back row: Chuck Suppon, Cory Gallant, Mike Dombroski, Paul Wisniewski, John Simonitis, Matt Eyet.



New foes, new challenges

By RONALD BARTIZEK
Post Staff

Head coach Ted Jackson doesn't care for the new Northeast PA Football Conference, but his Mountaineers are ready to make the most of it. In a 10 game regular season, Dallas will play only two teams of comparable size. Lake Lehman and Wyoming Area, and will face eight larger teams it has not played in the regular season for years, if ever.

Dallas is in the South division of the new Northeastern PA Football Conference, which combines the old Wyoming Valley Conference and Lackawanna League. Teams are spread throughout the region, and Dallas will play only other AAA schools or AAAA teams. Traditional, closer-to-home matchups such as Nantuxok, GAR and Hanover are replaced by Wallpenaupeck, North Pocono, Hazleton and Berwick.

Jackson thinks the South division has much tougher competition. "I think we got a bum deal," he says. "For schools like us and Lehman, it's brutal."

Even so, Jackson is impressed with his squad and it's chances. "They're a typical Dallas team," he says. "They go out onto the field and expect to win each time."

The odds got a bit tougher after a scrimmage against Blue Mountain earlier this month. While the Mounts played well — Jackson thinks his was the better team that day — they came home with four injuries, two of them probably season ending. John Simonitis, a 6'5", 280 lb. tackle and Joe Rogers are both unlikely to play again this year. "That's a killer," Jackson said, especially for a team that was already smaller than usual, with only about 38 players out.

Dallas FOOTBALL

"We have some good players who have been in big games."

Ted Jackson
Head coach

Everyone was needed in the season opener at Valley West, as the Mountaineers were manhandled in a 35-7 loss. Dallas hurt his own cause by fumbling six times and didn't get on the scoreboard until the Spartans had built a 35-0 lead in the third quarter.

The Mountaineers are not without weapons, however. Quarterback Chuck Suppon returns for his junior year, even bigger and stronger at 6'6", 225 lb. "We're going to have to let him do more," Jackson says, especially after losing two running backs to graduation who accounted for 6,000 yards in their combined careers. With his size, Suppon will run the option more, and pitch to A.J. Harris or Cory Gallant, or tuck it in. Gallant, a senior who saw plenty of action last year, returns for his third season at 6'1", 205 lb., while Harris is a 5'10", 225 lb. junior. Nick Harris, a 5'9", 195 lb. senior, is also available at tailback.

Defense is still a question mark, with a young secondary. Still, "we have some good players who have been in big games," Jackson says, even if the squad lacks long experience. Three sophomores, Steve Barbose, Ryan Gruskewicz and John Salavantis, are looking pretty good. Jackson says.

Graduation also deprived the Mountaineers of several key players. Head Coach - Ted Jackson
Assistant Coaches - Bill Sivi, John McNeil, Gordy Kutz, Ted Jackson, Jr., Bob Mahle.

2000 Dallas Mountaineers roster

No.	Name	Pos.	Ht.	Wt.	Year
1	Chris Hayes	B	6'	190	10
2	Cory Gallant	B	6'1"	205	12
4	Duane Short	SE	6'2"	190	11
7	Shane Schroonover	SE	6'10"	170	12
8	John Nackley	B	6'	195	12
9	Blake Saba	SE	6'1"	170	11
10	Chuck Suppon	QB	6'6"	225	11
11	John Barbose	B	6'2"	190	10
14	Ryan Gruskewicz	QB	6'1"	180	10
15	Brian Vetter	SE	6'1"	195	12
21	Kevin Arnaud	SE	5'10"	160	10
22	Ryan Bolton	B	5'10"	180	10
23	Luke Miller	SE	5'11"	180	12
24	Vito Recchia	K	6'	190	12
25	Nick Harris	TB	5'9"	195	12
30	Ben Russonello	FB	5'10"	170	12
31	Rich Adams	TE	6'1"	190	10
32	J.J. Sidorek	SE	5'9"	170	11
34	John Walter	FB	5'9"	175	10
36	Paul Grundowski	SE	6'1"	175	12
41	Rich Franz	FB	5'8"	160	10
44	Adam Harris	FB	5'10"	225	11
52	Bill Sighin	G	5'8"	210	10
55	Steve Salavantis	G	5'11"	210	10
56	Mike Burns	C	5'9"	190	10
63	Brian Downey	T	6'1"	260	11
64	Mitch Onzik	G	6'1"	250	12
65	Kyle Wicht	C	5'10"	180	12
66	John Simonitis	C	6'5"	290	11
70	Paul Hiller	G	6'	240	12
72	James Larson	T	5'10"	210	10
73	Joe Youngblood	T	5'11"	175	12
75	Joe Rogers	T	6'	190	12
77	Paul Wisniewski	T	6'4"	275	12
81	Jason Race	SE	6'2"	185	12
86	Matt Eyet	TE	6'4"	215	12
91	Chris Arnaud	T	5'10"	185	11
99	Mike Dombroski	TE	6'4"	210	11

School spirit impresses new coach

By RONALD BARTIZEK
Post Staff

As soon as Sandra Reno took a job in the Lake-Lehman School District, she started looking for a way to get more involved. She didn't have to wait long — the coaching job for the girls volleyball team was open, and she applied for and got it.

Reno had been a teacher in the Blue Ridge district before moving here. She's now settled into her home in Hunlock Creek, and looking forward to the new season. She's pleased with more than the prospects for a winning record.

"I have strong kids and they're not all seniors."

Sandra Reno
Volleyball coach



2000 Lake-Lehman girls volleyball team

From left, first row: Tricia Coombs, Callie Carsman, Nichole Seiwel, Tiffany Hettes, Andrea Steele, Ashley Hules, Diane Folmar, Sarah Davis, Maret Smolow, Heather Simko. Back row: Steph Jones, Morgan Swan, Chris Hudak, Mary Ann Powell, Amanda Boylin, Megan Goss, Blair Weller, Heather Prescott, Melissa Sulliff, Sheryl Fisher, Lizzy Martin, Kari Maskalis, Laura Donovan, Rebecca Martin, Sandra Reno (head coach).

Lake-Lehman VOLLEYBALL

grades 7-12. "Everybody's been wonderful to me. Volleyball was only an intramural sport when the new coach attended Bishop O'Hara High School. Her prior coaching experience includes boys basketball at Blue Ridge. "I did a lot of reading" to prepare for coaching volleyball, she says. See LEHMAN VOLLEYBALL, pg 12

'All politics is local'

Thomas, "Tip" O'Neill
Former Speaker of the House

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