

Lady Mountaineers are filled with youthful enthusiasm

By SANDY PEOPLES
Post Correspondent

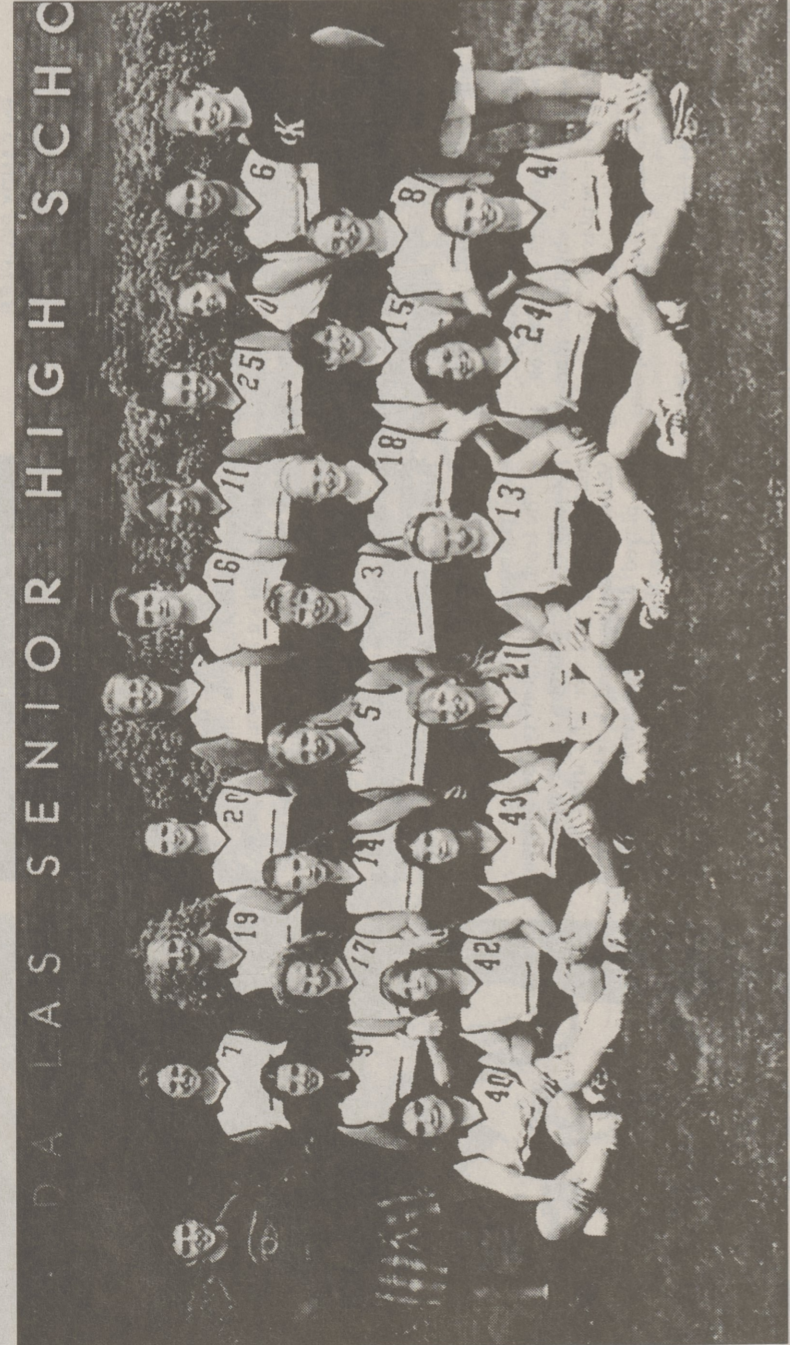
Their new coach, Carolyn Cooper, speaks with pride as she talks about the 25 girls who have come out for volleyball this year. She is pleased to have Steve Leiberman onboard as the assistant coach. "He is a great asset to the team," said Cooper.

Dallas VOLLEYBALL

"We have a fairly young team this year," said Cooper. "Sixteen are freshmen or sophomores, six are juniors and three are seniors. The team captain, Amber Koes, and the alternate captains, Sue Dwinchick and Kristen Vozzak, do a great job in leading and mentoring the other players." Asked what the team's strengths are, Cooper responds, "they are good at blocking and hitting, but their real strength is their team spirit. They would take first place in the state if they were judged on spirit alone. They work well together. They are always there for each other and provide back up for one another. They are friends on and off the court."

Coach Cooper has several goals for the team this year. "We want to improve over last year," she said, "and will strive to develop and hone our skills. Because so

See DALLAS VOLLEYBALL, pg 12

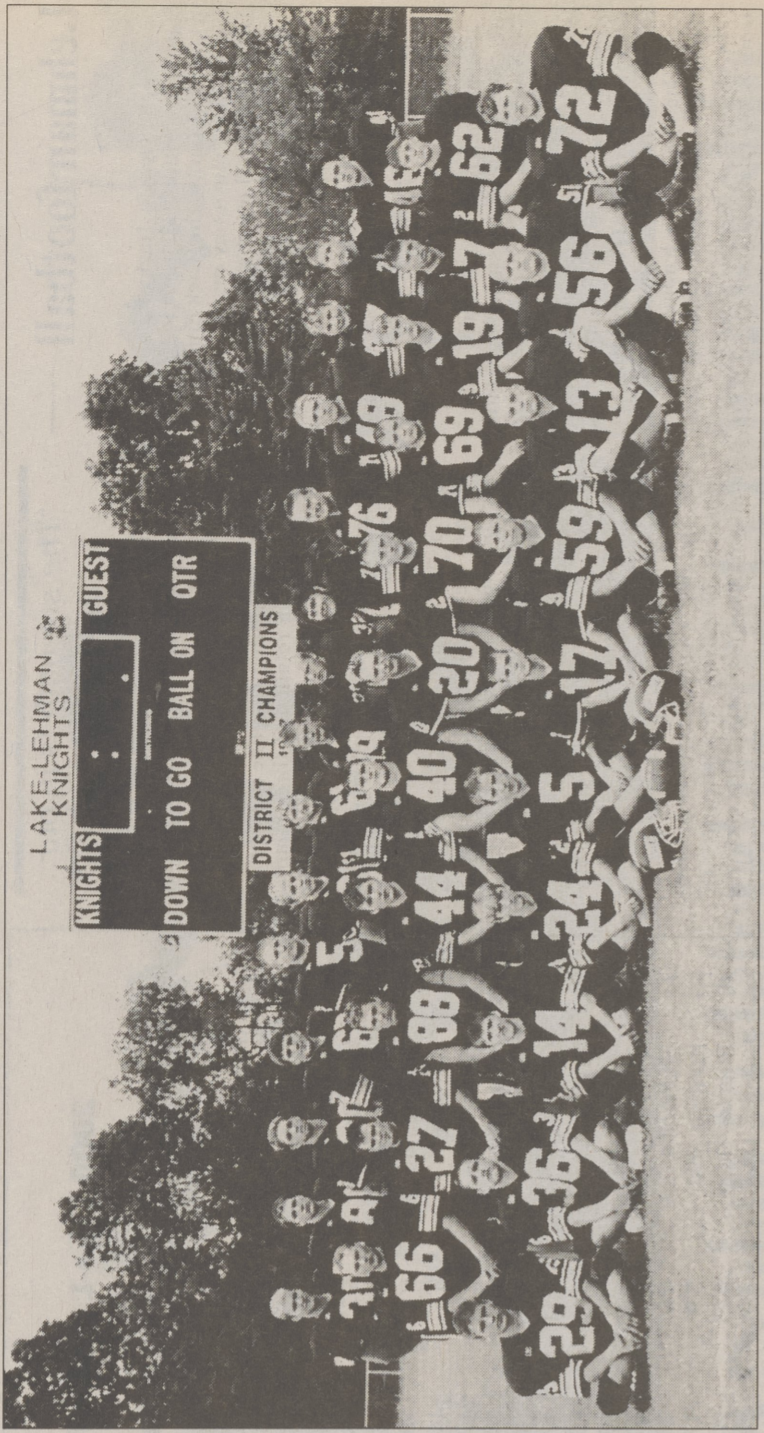


2000 Dallas volleyball team

From left: Emily Nagy, Jamie DeAngelo, Sue Dwinchick, Ashley Toman, Cara Symons, Kim Toussaint, Samantha Spaciano. Second row: Amber Koes, April Piazza, Jen Judge, Stephanie Yachim, Katie Dale, Stephanie Miller, Lauren Natus, Samantha Oschman. Third row: Steve Leiberman (asst coach), Nancy Levinson, Ashley Razawich, Jamie Chester, Kristen Vozzak, Tricia Shepherd, Jessica Duddy, Jessa Pitts, Stephanie Kutza, Beth Moran, Carolyn Cooper (head coach).

2000 Lake-Lehman football team

From left, first row: Jim Mahon, Ryan Mully, Jason Humenanski, Dave Harris, Joe Maille, Dan King, James Yozwiak, Mike Mully. Second row: Will Civvik, Irv Nulton, Carlos Candelario, Joe Shurmattis, John Sharkus, Chris Navin, Dave Kovalik, Steve Arnold, Chris Coombs, Zack Ragukas, Ed Little. Third row: Troy Long, Casey Holcomb, Phil Kasper, Gaise Lacey, Bob Roper, Ed Becker, Casey Skeens, Charlie Besteder, Chris Teetsel, Clint Smith, Dave Streniel, Matt Galka, Matt Ide, Josh Kuwaye.



Langan leads Black Knights into uncharted territory

Lake-Lehman FOOTBALL

By RONALD BARTIZEK
Post Staff

Bob Langan is ready to take center stage after serving as an assistant to head

coach Rich Gorgone for 15 years, following 10 years at Wyoming Area. He will be tested by a schedule packed with the toughest opponents Lake-Lehman has ever faced.

See LEHMAN FOOTBALL, pg 4

Dymond's

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2000 Dallas Girls Volleyball

Sept 1	Pittston	Away
5	Coughlin	Away
7	Meyers	Home
11	Hanover	Away
13	Abington Heights	Home
18	Tunkhannock	Away
20	North Pocono	Home
27	WVW	Home
Oct 2	Nanticoke	Home
4	GAR	Away
??	Wyoming Area	Home
??	Lake Lehman	Away
??	Bishop O'Reilly	Home
18	Crestwood	Away
23	Hazleton	Home
25	Bishop Hoban	Away

Game Time at 4:30

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Your 2000 Football Schedules!

2000 Dallas Football

Sept 1	WVW	A
9	Tunkhannock	H
16	Pittston	H
22	Coughlin	A
30	Wallenpaupack	H
Oct 6	Wyoming Area	A
13	Hazleton	A
21	North Pocono	H
28	Lake Lehman	H
Nov 3	Berwick	A

*Friday Games - 7:00 p.m., Sat. Games - 1:00 p.m.

2000 Lake-Lehman Football

Sept 1	Hazleton	A 7:00 pm
9	W. Scranton	H 1:00 pm
15	Wyoming Area	A 7:00 pm
23	Berwick	H 1:00 pm
29	Williamsport	A 7:00 pm
Oct 7	Coughlin	H 1:00 pm
13	North Pocono	A 7:00 pm
21	WVW	H 1:00 pm
28	Dallas	A 1:00 pm
Nov 4	Pittston Area	H 2:00 pm

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