(continued from page 9)

Dallas 11, Wyoming Area 1

Ryan Love scored four times to lead Dallas to a win over slumping Wyoming Area. Love set the pace of the game by scoring in the third minute off a pass from Ricky Branco. Branco added a hat trick of his own in the game, while compiling a season-high five assists. Paul Shiber scored twice. John Isaac had a goal and an assist from the midfield position.

BOYS CROSS COUNTRY

Lake-Lehman 21, G.A.R. 40

The Grenadiers managed to capture the top finish on Lehman's course, but the Black Knights stormed to finishing in eight of the next nine places to earn the win against G.A.R. last Wednesday and clinch the Wyoming Valley Conference Division 2 championship. Junior David Walters had the best time for Lake-Lehman, finishing in second place with a time of 17:02. Kelby Morgan finished third and Ryan Post fourth in both finishing with a time of under 18 minutes. T.J. Dougherty finished fifth. After a Grenadier placed sixth, Martin Schmitt, Chuck Kopetchne, Brian McMahon, and Mark Kapral grabbed the final four positions.

Hanover Area 23, Dallas 32

The Mountaineers saw a visiting Hawkeye set the new course record in falling to Hanover Area in cross country action last week. Peter Miller again finished first for Dallas, third overall, with a time of 18:22. The teams each had five of the top ten finishes, but Hanover was able to cross the line first and earn the team victory. Floyd Mattie of Dallas with fifth overall, while Jerry Appel, Jim Appel, and Mike Hiscox finished sixth, eighth, and tenth respectively to earn Dallas

GIRLS CROSS COUNTRY

Hanover Area 23, Dallas 32 Similarly to the boys' result,

the two schools split the ten positions, but Hanover Area still managed to earn the victory. Whitney Adams set the new course record for the girls with a time of 20:42. Her overall tirst place finish was not enough, as the Hawkeyes captured the following four positions. Jamie Bozentka was second for

Dallas at number six overall.

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Kern, Lucarino excel at ProShot

Danielle Kern won the Knockout Competition and Kieran Lucarino won the Rack Shooting Competition. at a recent ProShot Basketball

ProShot Basketball Camp is located in the Pocono Mountains and the camp director is John Szela, a graduate of Dallas High School. ProShot accommodates resident and commuter campers and is for both boys and girls.

Pictured from left, first row: Danielle Kern, Kieran Lucarino. Second row: Danielle Fresock, Jeff Hartley (counselors).

Maria Bednash followed in seventh and Jill Youngblood eighth. Hanover got the nine position before Mountaineer Maureen McGuire took tenth.

GIRLS VOLLEYBALL

Dallas 2, O'Reilly 0

Kristin Vodzak recorded 10 points, five kills, four blocks, two aces and a dig in a 15-6, 15-4 sweep. April Piazza had three aces and Samantha Oschman had six

Lake-Lehman 2, Dallas 0

The Black Knights continued their streak against the Mountaineers in girls volleyball with a 15-6, 15-10 home victory on Wednesday of last week. Kari Maskalis had 14 digs, three blocks, three kills, and two points in the match. Fellow Knight Sara Davis also had 14 digs, while adding six points including three aces. Christine Hudak had perhaps the best afternoon for Lake-Lehman, finishing with 18 digs and 12 points on serve, four of which were aces. For Dallas, Kristen Vodzak had five blocks, four kills,

and four digs. Nancy Levinson also had four digs.

Wyoming Area 2, Dallas 0

The Wyoming Area Warriors were a little too much for the Lady Mounts to handle as Dallas fell in two games by scores of 15-8 and 16-14. Amber Koes helped the Mountaineers earn some service points, finishing with four points on four aces. April Piazza also had four points and contributed four digs. Kristen Vodzak had six kills and a pair of aces, while junior Nancy Levinson had four points, four assists, and three

GIRLS TENNIS

Dallas 5, Crestwood 2 The tandem of Erin Cooper and Jen Toth provided a total of three victories to lead Dallas to a win over Crestwood. Cooper won at #3 singles 6-2, 6-3 while Toth was victorious at #4 6-0, 6-2. The two Joe Clements, Unl., 1st place

then combined to earn a 6-4, 6-1 victory in doubles in the second match. Freshman Brooke Blase won at #2 singles by a 6-0, 6-2 margin to give Dallas a 3-1 lead heading into doubles. The teams of Cooper/Toth and Joey Kupstas/Liz Samanas won to give the Mountaineers two additional

Dallas 5, Tunkhannock 2

Dallas went into Tunkhannock and came out with a 5-2 victory in girls' tennis action. The Mountaineers seized total control of the match after sweeping singles play. Karla Blase, Brooke Blase, Erin Cooper, and Jen Toth all won in straight sets to make doubles play irrelevant towards the final outcome of the match. Karla Blase had the toughest match of the four, earning a hard-fought 7-5, 6-3 win at #1. Sister Brooke won 6-2, 6-0. Cooper was victorious 6-0, 6-3 and Toth 6-3, 6-3 to give Dallas the four wins at the four singles positions. The Blase sisters teamed to win at #1 doubles in three sets to earn the fifth Mountaineer point of the match.

GOLF

Dallas 175, Lake-Lehman 189

Mike Fehlinger earned medalist honors with a round of 42 at Irem last Tuesday against Back Mountain rival Lake-Lehman. Par for the nine holes is 36. Senior Kevin Piekara followed right behind with a score of 43. Dan Laurenzi was immediately behind Piekara with a 44. Pat Barnard and Jared Karalunas tied for fourth for Dallas, each with a 46. Lake-Lehman's low scorers were John Baranowski and Justin Boyer, each with a 46. Dustin Kapson shot a 48, while Liam McHugh had a 49.

Knights wrestlers place at Stroudsburg

On Sunday, Oct. 8; the Knights wrestled at Stroudsburg Tournament. Those who placed were: Senior High:

Aaron Kubasik, 125 lbs., 4th place Matt Carey, Unl., 4th place Junior High:

Andy Josuweit, 115 lbs., 3rd place Matt Dragon, 125 lbs., 1st place Jeremy Schutz, 130 lbs., 2nd place Elementary:

SCHOOL MENUS

The following school lunch menus are for the week of Oct. 19-25. All lunches include milk

DALLAS SCHOOLS

Dallas Elementary THURSDAY - Zesty spaghetti w/ meatsauce & dinner roll, deli sub, steamed broccoli, mixed fruit

FRIDAY - Meatloaf, mashed potatoes, deli sub, green beans, oranges MONDAY - Hamburger or cheeseburger, BBQ rib sandwich, mixed

vegetables, fruit w/cream TUESDAY - Stromboli w/sauce, BBQ rib sandwich, golden corn, sliced

WEDNESDAY - Tacos w/meat, cheese, lettuce & tomato, BBQ rib sandwich, steamed rice, cinnamon applesauce, Jell-O

Middle School

THURSDAY - Zesty spaghetti w/ meatsauce & garlic bread, salad w/ dressing, chilled peaches

FRIDAY - Pasta bar, meatloaf, mashed potatoes, green beans, or-

MONDAY - Chicken parmesan sandwich, mixed vegetables, fruit w/ TUESDAY - Cheese steak bar,

stromboli w/sauce, golden corn, sliced WEDNESDAY - Tacos w/meat,

cheese, lettuce & tomato, steamed rice, cinnamon applesauce, Jell-O

High School Soup of the Week - Chicken

THURSDAY - Tacos, steamed broccoli, mixed fruit

FRIDAY - Beef stew over noodles, green beans, sherbert

Soup of the Week - Vegetable MONDAY - Meatball hoagie, mixed

vegetables, fruit w/cream TUESDAY - Stromboli w/sauce,

golden corn, soft pretzel WEDNESDAY - Chef's choice,

steamed rice, Jell-O **GATE OF HEAVEN**

Alternative - Cheese steak, salad, THURSDAY - Chicken fries, po-

tato rounds, carrots w/dressing, brownies FRIDAY - Spaghetti w/meatsauce,

salad, bread stix, jello cup Alternative - Pizza, salad, hot dogs MONDAY - Peanut butter & jelly sandwich, chicken noodle soup, saltines, fruit cup

TUESDAY - Stuffed shells w/rol salad, donut

WEDNESDAY - Chicken croquettes, mashed potatoes w/gravy corn, cookie, Halloween ice cream

LAKE-LEHMAN SCHOOLS

Lehman-Jackson Elementary THURSDAY - Salad bar w/roll or

ham BBQ, green beans, fruit crisp FRIDAY - Italian dunkers w/sauce or sausage sandwich, buttered corp pineapple tidbits, sherbert

Lake-Noxen Elementary THURSDAY - Salad bar w/roll, or grilled chicken sandwich, green beans, fruit crisp

FRIDAY - Italian dunkers w/sauce or sausage sandwich, tossed salad w/dressing, pineapple tidbits

Ross Elementary THURSDAY - Grilled chicken sandwich, green beans or salad ba

w/roll, fruit crisp FRIDAY - Sausage sandwich, tator tots, or Italian dunkers w/sauce, pine-

apple tidbits High School THURSDAY - Hot dog bar, fish sandwich w/tartar sauce, chicken

nuggets w/sauce & roll, mixed vegetables, orange smiles FRIDAY - Breakfast bar, meatball hoagie w/cheese, chicken nuggets w/sauce & roll, oven roasted pota-

toes, cinnamon applesauce WEST SIDE TECH

Breakfast THURSDAY - French toast sticks,

syrup or cereal, juice, fruit, pastry FRIDAY - Chocolate chip cookies cereal, juice, fruit

MONDAY - Coffee cake, cereal,

TUESDAY - Waffles, syrup, or cereal, juice, fruit, pastry WEDNESDAY - Sausage, chees

or cereal, juice, fruit, pastry Lunch THURSDAY - Pierogies w/sauteed

fresh fruit, tandycake FRIDAY - Pizza, fresh veggies w/ dip, fresh fruit

onions, roll, tossed salad w/dressing,

MONDAY - Cheese steak hoagie w/lettuce & tomato, macaroni salad, chilled fruit

TUESDAY - Pork BBQ w/relish on soft bun, potato puffs, applesauq

WEDNESDAY - Tuna/turkey hoagie w/lettuce & tomato, chicken veg. soup, crackers, soft pretzel



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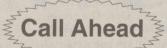
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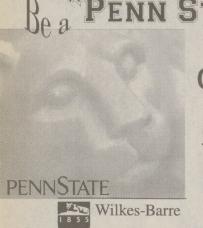


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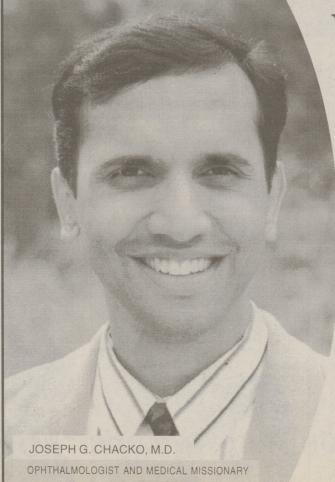
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