

The Dallas Post

Sports Week

Section 2

New weight room pumps up Dallas athletics

By BETTY HINDS
Post Correspondent

DALLAS - A great deal of iron has been pumped at Dallas High School lately. Since opening in May, a new weightlifting facility has been put to the test by students and staff.

The weight room is located in the newly-built fieldhouse. The room contains \$30,000 worth of new equipment, including a total chest machine, a total back machine, and a rotary shoulder machine — just to mention a few. Since the room opened, it has seen almost constant use.

Jack Wolensky, Dallas High School Athletic Director, is thrilled with the new facility. "This is a big improvement," Wolensky said. "The old room had only free weights and barbells. Now, we have many new machines that can be used safely by men and women of any sport. The machines are very

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Mel Morris
Dallas football player

user-friendly." He added, "We now have a weight room as nice as any in the area. We recently extended the hours so that more students could take advantage of it."

At the present time, the weight room is open Monday and Wednesday evenings from 5 to 8 p.m. and Tuesday, Thursday, and Friday afternoons from 3 to 6 p.m. The weight room is available to any Dallas High School student or staff member.

Ted Jackson, varsity football head coach, also praised the new weight room. "The money has been well-spent," he said. "The football players use the

equipment at least four times a week."

Mel Morris, a senior football player, paused from his exercise to comment: "I use the weights almost every day. The equipment is a lot better than it was in the old room." Mel's cousin, Ken Morris, a junior who also uses the weight room to train for football, concurred, "The weights are much easier to use now," he said.

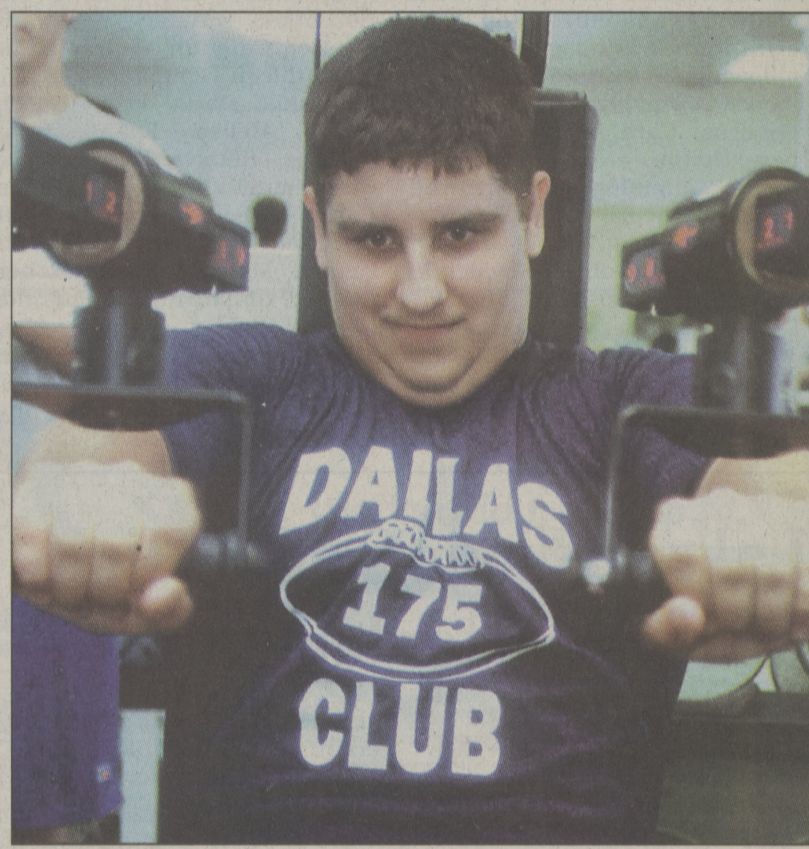
Alex Oko, a sophomore who participates in football and track, has been getting plenty of use from the facility. "I come almost every day," he said between sets on the bench press.

"There is always someone here to help if you need it."

In addition to the guidance of their coaches, the students can get assistance from the weight room monitors. Four college students are monitoring the weight room this summer: Dan Natitus, Matt Gingo, Carlene Kratz, and Ted Jackson, Jr.

Jackson, Jr., used the old weight room as a student. Pointing out the new treadmill and stationary bikes, he acknowledged, "This room is a huge improvement. In the old room, we had 40 students crammed in a space too small for them." He added, "Most of the time the weight room is open, the equipment is being used. This week I've seen mostly male soccer and football players. The girls basketball team has been using it, but this week they are all away at camp."

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POST PHOTO/JIM PHILLIPS

Bill Sigin strained against a weight machine earlier this month.

Chacko medals at Wheelchair Games

The Eastern Paralyzed Veterans Association (EPVA) sponsored Andrew Chacko for participation in the 21st National Veterans Wheelchair Games, which were held in Manhattan from July 1-5. The Dallas resident was one of 80 athletes the organization sponsored for the games.

Chacko competed in the slalom, where he captured a silver medal, the rally, powerchair 220, air guns and bowling. The slalom is a wheelchair obstacle course.

The National Veterans Wheelchair Games is the largest wheelchair sporting-event in the United States. All athletes who are U.S. military veterans and use wheelchairs due to spinal cord injury, certain neurological conditions, amputations or other mobility impairments, are eligible to participate.

Approximately 600 athletes from all over the United States, Puerto Rico and Great Britain competed at the most recent event.

Lower Valley Stars still alive

The Back Mountain Lower Valley All-Star team remained alive in the St. Therese's Tournament with three wins last week. They are one of five teams which still has a chance to win the championship, out of 20 teams in all.

On Thursday they defeated Duryea by a score of 3-2. Adam Singer had two hits, Brad Fagula had a triple and Jared Kopetchne had a double. Fagula, Zeke Zaleskas and Michael Davies combined for 12 strikeouts while only giving up 4 hits. Davies struck out the last three batters while Duryea had runners on second and third with no outs.

On Saturday Back Mountain defeated Mountaintop 5-4. Ken Pollock had two hits including a double, Adam Singer had two hits including a triple, Michael Davies had two doubles and Brad Fagula had two hits including a tie-breaking home run in the fifth inning. Singer and Davies combined to strike out 6. Singer made an excellent relay throw in the fifth to get the potential tying run out at home.

On Sunday they scored four runs in the last inning to beat St. Therese's 14-10. Matt Hufford had two hits, Ken Pollock had two hits including a double, Brad Fagula had two hits including a towering home run. Adam Singer had three hits including two doubles and Jared Kopetchne had four hits including two doubles. Brenden Carr and Steven Zubko also had doubles for Back Mountain. Brad Fagula, Matt Hufford, Andrew Kirk and Zeke Zaleskas combined for 7 strike outs including the last two outs by Zaleskas.

BMT Jr. Leaguers blast Horlacher

Matt Straub claimed the win and stroked two hits as Back Mountain topped Horlacher 15-4 last week, in a game called because of the 10-run rule.

Dave Schultz went 3-for-4 including a triple to lead the offense.

In photos, clockwise from right: Alan Sheridan blocked second base while waiting for the throw as Chad Crispell slid in; Matt Shiskowski connected early in the game; Matt Straub fired in a pitch.

POST PHOTOS/JIM PHILLIPS



Hunting, furtaker licenses for 2001

Pennsylvania resident and non-resident hunting and furtaker licenses went on sale across the state July 1 and on the Game Commission's website (www.pgc.state.pa.us) through "The Outdoor Shop," according to Vern Ross, agency executive director.

All license fees are the same as last year's, including \$20 for adult hunting or furtaker licenses, \$6 for junior hunting or furtaker licenses and \$13 for senior hunting or furtaker licenses.

Last year, the Game Commission sold 1,038,846 general hunting licenses, an increase of 5,531 from the 1999-2000 season. Junior license sales increased by 2,839 to 103,718 in 2000-2001.

Other resident license fees are: antlerless (county specific), \$6; archery, \$16; muzzleloader, \$11; bear, \$16; migratory game bird, \$3; senior lifetime hunting or furtaker licenses, \$51; and resident landowner, \$4.

Basic non-resident adult hunting licenses are \$101; non-resident adult furtaker licenses

are \$81; and nonresident junior hunting or furtaker licenses are \$41.

Other non-resident license fees are: antlerless (county specific), \$26; archery, \$26; muzzleloader, \$21; bear, \$36; migratory game bird, \$6; and seven-day small game, \$31.

Both resident and non-resident muzzleloader licenses must be purchased by Aug. 31.

Combination licenses, which were created by the General Assembly in 1998, are available to junior (12 to 16 years) and senior resident (65 and older) hunters and furtakers, and were designed to provide youngsters and seniors nearly unlimited hunting and trapping opportunities at considerable savings. Combination licenses include general hunting, furtaker, archery and muzzleloader privileges. Resident junior combination licenses sell for \$9; non-resident junior, \$51; and resident senior lifetime combination licenses, \$101.

Senior lifetime hunting and furtaker license holders can up-

grade to a senior lifetime combination license for \$51. To make the upgrade, an individual should visit one of the Game Commission's six region offices or the Harrisburg headquarters, or "The Outdoor Shop" on the agency's website (www.pgc.state.pa.us).

The process includes filling out a new license application, verifying that the applicant holds a valid lifetime license and paying of the fee. The upgrade can't be obtained through a regular issuing agent. Those wishing to receive the upgrade application through the mail should call the License Division at (717) 787-2084.

There is no combination license for resident and non-resident adult hunters, nor does the Game Commission sell a non-resident senior license.

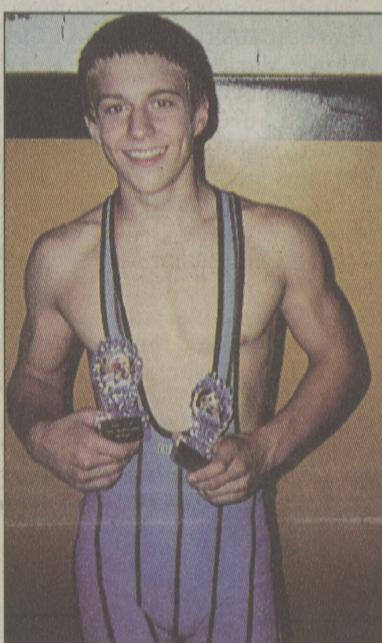
Applications and details for the upcoming limited bobcat and elk seasons also are available in the 2001-2002 Digest of Hunting and Trapping Regula

See LICENSES, pg 16

Dragon wins state gold

Matt Dragon of the Lake Lehman Jr. High Wrestling Team competed in the State Wrestling Championships in State College on June 23 and 24. Matt wrestled for the Benton Tiger Wrestling Club under the guidance of Coach Scott Hughes and Coach Ron Swingle Sr. He concluded the weekend as a State Freestyle Champion and Greco-Roman runner-up in the Schoolboy Division.

Matt brought his eighth grade year to an end with a 55-0 junior high record, a two time Sectional Champion, two time District Champion, Area X Champion, third place finish at MAWA championships and fifth place at the Junior National Championships in Johnstown, Pa. Not only did Matt excel on the mat, but also in the classroom. He is on the Honor Roll with Honors With Distinction.



MATT DRAGON

Irem tournament results

The Dorothy Roberts Memorial Tournament was held recently at the Irem Temple Country Club.

The winners were: Championship Flight, first low gross, Arlene Warnek and Linda Brodbeck; second low gross, Ruth Dettore and Samantha Weaver; first low net, Claire Mulrooney and Lucille Marsh, and second low gross, Betty Gross and Roz Stahl.

First Flight: first low gross, Dennette Loughney and Sue Bifano, second low gross, Janet Flinn and Audra Lynch, first low net, Kathy Edwards and Noney Gazwinsky, second low net, Jan Rice and Lisa Neary.

Second Flight: first low gross, Nancy McAndrew and Jane Williams, second low gross, Mary Lee Cosela and Pat Rosenthal, first low net, Gerri Trynoski and Phyllis Langer, and second low net, Corrine Sgarlat and Lois Degennero.



POST PHOTO/BOB HARTZKE

Time out

When things started to go bad for the Back Mountain team during Friday's district championship softball game, coach Rick Evans took a moment to talk with pitcher Ally Evans and catcher Casey Corbett. After giving up six runs in the first, Back Mountain scored three times in the third and four in the fifth to take a 7-6 lead, but Mountaintop roared back with an eight-run fifth to claim the title.