

Aston-Rome defends title

Staff report

FORTY FORT — Wyoming Valley Triple Crown defending champ Amy Aston-Rome got off to a great start at defending her title on Memorial Day by winning top honors in the Forty Fort Lions' 23rd annual Old Fort 5-Miler.

The Wilkes-Barre YMCA 3-Miler on the Fourth of July is the second leg of the triple crown. The Sallie Mae Valley Classic 10 K on Aug. 17th is the final leg.

It's unlikely that Aston-Rome will have a tough time defending her female title after the impressive performance in Forty Fort. The 36-year-old from Dallas and former standout Penn State runner cruised to an easy win in the female division, finishing seventh overall in 28:44.

"It was great! I finally broke 29 minutes," said Aston-Rome. "I haven't done that since college."

Aston-Rome ran for the Nittany Lions from 1985 to 1989. Her cross country team — which she was a part of as a freshman — finished 10th in nations in her first year at Penn State.

On Memorial Day, Aston-Rome

had hoped to run 5:45-miles.

"I finished the first mile in 5:36," she said. "I felt good. So I ran with Sean Robbins (a 33-year-old from Dallas who finished sixth in 28:29) the rest of the way. He always keeps a steady pace."

Aston-Rome ran her second mile in 5:46. She ran mile three in 5:51 and mile four in 5:53. But she felt strong going into the last mile and finished that in 5:40.

Results for local runners

Top 15

- 6. Sean Robbins, 33, Dallas, 28:29
- 7. Amy Aston-Rome, 36, Dallas, 28:44
- 10. Peter Miller, 19, Shavertown, 29:51

Male Age Group Winners:

- 16-19: 1. Peter Miller, Shavertown, 29:51
- 30-34: 12. Sean Robbins, Dallas, 28:29
- 35-39: 1. Keith Austin, Sweet Valley, 32:27

Females

- 1. Amy Aston-Rome, 28:44
- Kerry O'Neill Memorial Award (overall female winner): Aston-Rome.

Age Group Winners:

- 13-15: 1. Sarah Austin, Sweet Valley, 40:00
- Masters Division: 40-44: 1. Diane Levandoski, Dallas, 37:24

BMT Ball

(continued from page 9)

sixth. The Yankees had scored four times in the top of the fifth to break a 1-1 tie. Each team had only two hits in the game, with Josh Backes and Robin Crossley picking up singles for the Yankees and Eric Tucker and John Giampietro singling for the Cardinals. Myer Messinger and Mike Zaleskas combined to strike out seven for the Yankees. Giampietro and Dylan Seeley combined for nine strikeouts for the Cards.

Cardinals 18, Indians 2

The Cardinals exploded for nine runs in the third inning en route to the victory. For the Cardinals, Dylan Seeley had a three-run homer and a two-run single. Eric Tucker drove in three runs with a double and a single. Steven Cornia singled twice for the winners while teammate Dan Taroli slugged a triple.

Giampietro pitched five strong innings, striking out six. Seeley pitched two innings, fanning four. For the Indians, Scott Henry had two singles. Greg Jerzak, Pat Murray and Ryan Konopki combined to strike out eight Cards.

BMT Teeners win pair

Doug Harding smashed two



In left, photo, Kathleen Paley slid into third in Major League Softball action last week. At right, Ally Evans fired across the diamond.



POST PHOTOS/JIM PHILLIPS

doubles and Bill Holena laced a double and single to lead a 16-hit barrage for the Back Mountain Teener Team May 21 in the Wyoming Valley 13 Yr-old League. They defeated Fort-Swoyer II by a score of 12-3. Scott Skammer, Mike Prater, Joe Bevevino & Zach Aciukewicz also contributed two

hits apiece in the victory. Matt Ruch picked up the win, striking out six in three innings of work. Prater, Bevevino and Kyle Arnaud finished up the mound duty, allowing only one earned run in the contest.

Matt Ruch had two hits including a long double in the bottom of the sixth inning to

drive in the go ahead run as Back Mountain went on to defeat North Valley (Parsons) 7-3 May 25. Doug Harding continued his hot hitting with two hits as Eric Tucker picked up the win in relief. The pitching of Mike Prater, Pat Murray, Tucker and Ruch held North Valley to only three hits.

Volleyball

(continued from page 9)

en service points to take an 11-5 lead. North Pocono chipped away at the deficit, but Spencer ended the game with two kills.

The Trojans never led in game two, and Deubler's eight service points moved the Black Knights within a point of the title.

Lehman and North Pocono advanced to the 16-team PIAA tournament May 30-31 at Shippensburg University.

This article appeared in original form in the Times Leader.



6th grade travel team wins tourneys

The Dallas Youth Basketball 6th Grade Travel Team won tournaments at Freeland Boys and Girls, Crestwood and YMCA Rogers. Team members will be working on improving skills this summer at Pro-Shot Camp.

From left, first row: Brittany Kneal, Carl Menzel, Abigail Mulhern, Hillary Schaub, Leah Kaiser.

Second row: Coach Bob Schaub, Stephanie Ashley, Jessica Flaherty, Jill Jackson, Elena Habersky, Adria Eckert, Shauna Phillips, Coach Pat Flaherty.

Niemuth is balance beam state champion

Brittany Niemuth, a Level 6 gymnast from Northeast Gymnastics Academy, competed in the Pennsylvania State Gymnastic Meet May 11 at Reading High school. She received first place on Balance Beam, seventh place on Vault, Seventh Bars and Floor and finished third place All-Around with a score of 35.275. Brittany is the daughter of Terry and Carol Niemuth of Shavertown.



Send The Dallas Post to a friend. It makes a great gift. Call 675-5211 for information.

Irem Women's Golf Association dinner

The Irem Women's Golf Association held a 2003 opening golf season dinner at the country club April 22.

The following attend:

From left, first row: Sun Hee Koo, Sheila Yaple, Barbara Cocolin, Cindy Fisher.

Second row: Louise Hennigan, Diane Kocik, Joann Freeman, Joanne Bittner, Joyce Shaw, Kay Shynn.

Third row: Charlotte Wentz, Carol Smith, Joan Welgus, Kay Goodman, Young Chang, Theresa Saxton, Mary Ann Stelma, Jane Kopp, Joann Wanyo, Betsy Thomas, Esther Saba, Doris Parsons, Ann Nicholson, Faye Silverstein.

Basketball camp for girls

Camp St. Andrew in Tunkhannock will run its 30th annual basketball camp for girls in July. The first clinic runs from July 13-18 and the second clinic runs from July 20-25. Camp is for girls entering grades 5-10 and the cost is \$250 per week.

Fundamentals will be emphasized through instruction and daily competitions. Campers will play two league games daily. Facilities include 4 outdoor and 2 indoor courts, a swimming pool, an archery range, a ropes course, and a 60 acre lake for swimming, kayaking, and canoeing. Special activities include a campfire and skit night. All campers receive a basketball and t-shirt.

The director is Bernie Kozlowski, a graduate of Lackawanna Trail High School and Lehigh University. She played professionally in Belgium in 1990 and is a member of the NE Chapter of the PA Sports Hall of Fame. She currently teaches biology and coaches at St. Stephen's & St. Agnes School in Alexandria, VA. Assistant directors will be Ann Conflitti of Bishop Hafey and Renee Casterline of Wyoming Seminary.

For a brochure, call Camp St. Andrew at 226-4606 or email campstandr@aol.com

ProShot Camp accepting application

ProShot Basketball camp is accepting applications for the 2003 camp season. ProShot specializes in shooting and offensive skills, covering shooting, shooting on the move, layups, ballhandling and more. In addition, each camp offers 1x1, 3x3 and 5x5 games as well as many shooting competitions. Campers may attend individually or come as a group. There are resident and commuters slots available. ProShot offers camps at the high school, junior high and elementary levels.

Campers receive individual awards as well as a camp t-shirt and notebook. For information contact ProShot Basketball Camp, 142 Buck River Road, Thornhurst, PA 18424. Call 842-7044 or email: info@proshot.us or website: www.proshot.us. ProShot Basketball Camp is located in Thornhurst and John Szela is the camp director. There is limited availability.

Cyclones blank Stampede

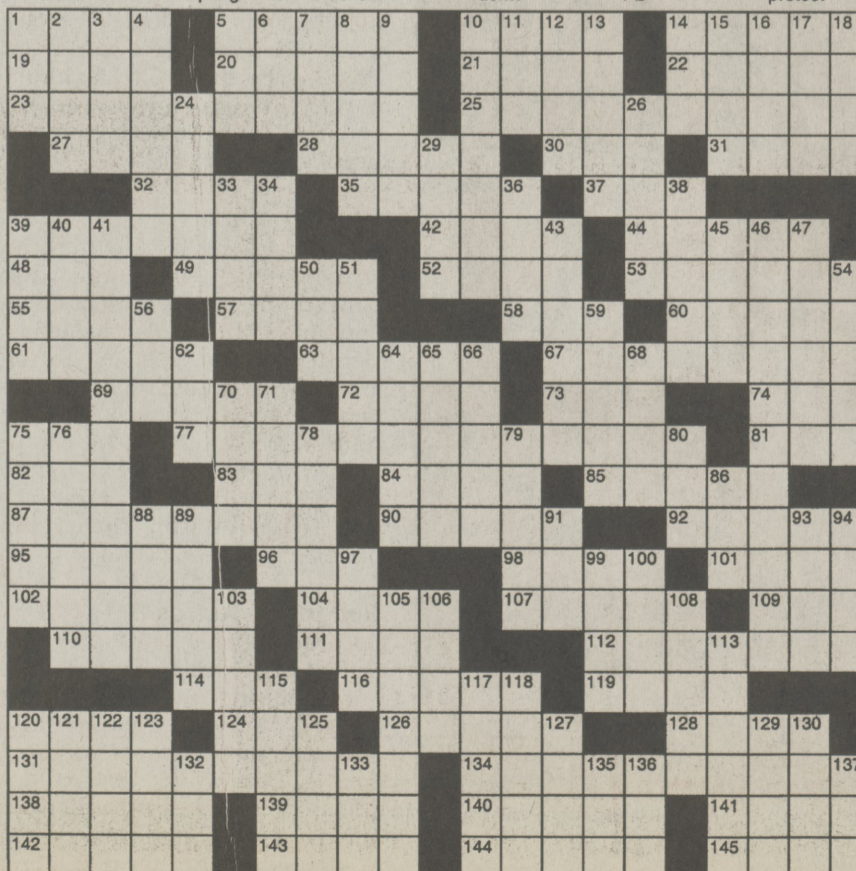
The Back Mountain Cyclones beat the Back Mountain Stampede, 3-0, in a very tough game on Sunday in Northeast Travel Soccer. Defense was the key in a very tight first half with hard work from Eric Fritzes, Harry Schall, Brad Johnson and Carson Baker. Michael Flack played great at stopper second half. Tim Ropel scored the first two goals, then, in the last 30 seconds, sent a beautiful cross to Alex Slocum for a header in the goal to make it three. David Zurek had an assist and Mike Gashi tended goal for the shutout.

Send your sports reports by e-mail dallaspost@leader.net

CROSSWORD CORNER

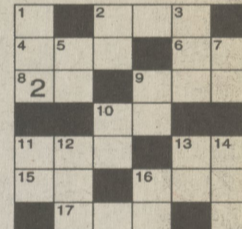
Super Crossword RHYME TIME

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|---------------------------|-----------------------|----------------------|-------------------------------|---------------------------|---------------------------|-------------------------------|
| ACROSS | 1 Covenant | 57 Misplace | 109 Golfer's gadget | 3 Fashion's Chanel | 45 "Petits—" | 99 Schubert song |
| 2 Come out of one's shell | 60 Ring championship | 58 Vane letters | 110 Islamic ruler | 4 Platitude | 46 Kind of confection | 100 Carson's successor |
| 10 King or queen | 61 Caribbean isle | 67 Idol's perch | 111 Singer | 5 Cool | 47 Blazing | 103 Haggard |
| 14 Tracking tool | 63 Song-writers' org. | 69 Stiller's locale | 112 Climb a trellis | 6 Fuss and feathers | 50 Youth org. | 105 Connecticut town |
| 19 "— patriae" | 67 Idol's perch | 69 Stiller's locale | 114 "Uh-uh!" | 7 Savoir-faire | 51 "Siddhartha" author | 106 Extinct bird |
| 20 Moscow's locale | 69 Stiller's locale | 72 Mediocore | 116 Extra | 8 Make butter | 54 Soprano | 108 "The Bristol —" ('61 hit) |
| 21 Clarinet kin | 72 Mediocore | 73 Mohammed | 119 Jim Morrison, for one | 9 Biblical book | 56 Presidential nickname | 113 Christmas decoration |
| 22 Cover story? | 73 Mohammed | 74 Rage | 120 Lost | 10 Amusing | 59 Ridges | 115 Criminal caper |
| 23 Deception | 74 Rage | 75 Firms: abbr. | 124 Tiny | 11 — Dhabhi | 62 Ooh's partner | 117 Director |
| 25 Glibberish | 75 Firms: abbr. | 77 Disorderly target | 126 Peter of "Casa-blanca" | 15 Grad | 65 Selling point | 118 Dais |
| 27 Detergent | 77 Disorderly target | 81 Marsh | 128 Arizona city | 16 — novel | 66 Hearth | 118 Dais |
| 28 Roman fountain | 81 Marsh | 82 Circle | 131 Disorganized | 17 Eban of fudge? | 68 Forgo the fudge? | 120 Way off base? |
| 30 British bar | 82 Circle | 83 Damage section | 134 Weak | 18 Disturbance | 70 San —, Italy | 121 Lassie's father |
| 31 Nut part | 83 Damage section | 84 Ibsen's "Gynt" | 138 Spout like Cicero | 24 Ashcan artist John | 71 Consternation | 122 Jack of "Rio Lobo" |
| 32 Achy | 84 Ibsen's "Gynt" | 85 Flight | 139 Close noisily | 26 Too heavy | 75 Inner circle | 123 Choir member |
| 35 Civil Rights org. | 85 Flight | 87 Migration | 140 Richard's veep | 33 Rod's companion | 76 Journalist | 125 Poet |
| 37 Baseball's Kiuszewski | 87 Migration | 90 Remove varnish | 141 Austin or Garr | 34 Designer | 78 Shock | 126 Poet |
| 39 "Moby-Dick" narrator | 90 Remove varnish | 92 — stop | 142 "The Drop Kid" ('51 film) | 36 Freighter front | 79 Author Jong | 127 Give off |
| 42 Canvas cover | 92 — stop | 95 Less available | 143 Use the VCR | 38 AI — (cooking term) | 80 Prison | 129 Hook's mate |
| 44 Some are deviated | 95 Less available | 96 Pie ingredient? | 144 Rocky Mountain range | 39 It comes before kappa | 86 Taxing org. | 130 Steinbeck character |
| 48 — Locka, FL | 96 Pie ingredient? | 98 Holler | 145 Pile | 40 Practice punching | 88 Withered | 132 Craving segret |
| 49 Equine exclamation | 98 Holler | 101 Kenton or Getz | DOWN | 41 Reckless | 89 Act like an | 133 Drink like a dachshund |
| 52 — gin fizz | 101 Kenton or Getz | 102 Hardened | 1 "Fiel" | 43 Foreign correspondent? | 91 Norm | 135 Street salutation |
| 53 Sufficient | 102 Hardened | 104 "— Indigo" | 2 Famous fellow? | 43 Foreign correspondent? | 94 "... my banjo on my —" | 136 Hither and |
| 55 Actress Reid | 104 "— Indigo" | 107 Sign of spring | | 43 Foreign correspondent? | 97 Mount —, FL | 137 Puppy protest |



Rational Numbers

Using the clues, simple arithmetic, and a little logic, place a single digit (0 to 9) in each empty box in the diagram. To help you get started, one digit has been entered in the diagram.



- | | | |
|------------------------------|---|---|
| ACROSS | 2. One-half of 12-Down | 7. 9-Across plus 11-Across |
| 4. 17-Across minus 1-Down | 8. Consecutive even digits in ascending order | 8. Consecutive even digits in descending order |
| 6. Thirty more than 8-Across | 9. Consecutive digits in descending order | 10. Consecutive even digits in descending order |
| 11. Fifty more than 10-Down | 13. 10-Across minus 11-Down | 15. 13-Down minus 16-Down |
| 16. 2-Across plus 14-Down | 17. Consecutive digits rearranged | 14. 6-Across times 15-Across |

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King Crossword

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| ACROSS | 1 Scenery chews | 4 Heidi's height | 7 Multiple-birth member | 11 Actor LaSalle | 13 Scratch | 14 Cold War faction | 15 Waiter's hand-out | 16 Blackbird | 17 Simple | 18 Pop, very formally | 20 "... sow, so ..." | 22 A billion years | 24 Wise counselor | 28 Pipe type | 32 "Roots" figure | 33 "Clueless" interjection | 34 Petrol | 36 "When I was ..." | 37 Boat | 39 Inns | 41 Dragster | 43 Floral collar | 44 Alliance | 46 Pursuing | 50 Sleeping, maybe | 53 Pi follower | 55 Met melody ... | 56 ... and its singer | 57 Pantheon member | 58 Trumpet | 8 14-Across' opponent | 9 Simpleton | 10 Arid | 12 Early TV game show | 19 Sinbad's flyer | 21 "Of course" | 23 Yule quaff | 25 Story | 26 Racetrack | 27 Warren Beatty movie | 28 Bread | 29 Scandinavian city | 30 Laugh-a-minute type | 31 "Hum-bug!" | 35 Helios | 38 Plague | 40 Vast expanse | 42 Song of lament | 45 Presentation | 47 Jog | 48 Green land | 49 McNally partner | 50 Commotion | 51 Chest protector? | 52 Prior night | 54 Piece of praise |
|---------------|-----------------|------------------|-------------------------|------------------|------------|---------------------|----------------------|--------------|-----------|-----------------------|----------------------|--------------------|-------------------|--------------|-------------------|----------------------------|-----------|---------------------|---------|---------|-------------|------------------|-------------|-------------|--------------------|----------------|-------------------|-----------------------|--------------------|------------|-----------------------|-------------|---------|-----------------------|-------------------|----------------|---------------|----------|--------------|------------------------|----------|----------------------|------------------------|---------------|-----------|-----------|-----------------|-------------------|-----------------|--------|---------------|--------------------|--------------|---------------------|----------------|--------------------|

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