

Dallas

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the first quarter for a 14-0 lead, but Crestwood (0-3, 1-5) didn't fold as has been its pattern in recent years.

"In the past, when adversity struck, we kind of got down on ourselves and would dig the hole deeper and deeper," Crestwood coach Greg Skrepenak said. "The next thing you know, the 35-point rule is in effect and the clock is running."

Neither would happen thanks in part to a Crestwood pass rush that kept the remarkably elusive Kelly in check. Crestwood's Brad Pieszala ended the next Dallas possession with an interception. On the next Dallas drive, Kelly fumbled while being sacked, and Crestwood's Brad Mailloux scooped up the ball and ran 39 yards for a touchdown. The Comets sacked Kelly five times for minus-44 yards, with defensive end Matt Mizikoski providing a good amount of the pressure.

"Meyers and GAR have quarterbacks very similar to this kid," Skrepenak said of two previous opponents. "We've been working containment drills on him and telling everyone to push it up the middle. Our ends held contain, and he is used to getting out of the

"We're not going to be able to keep doing what we're doing."

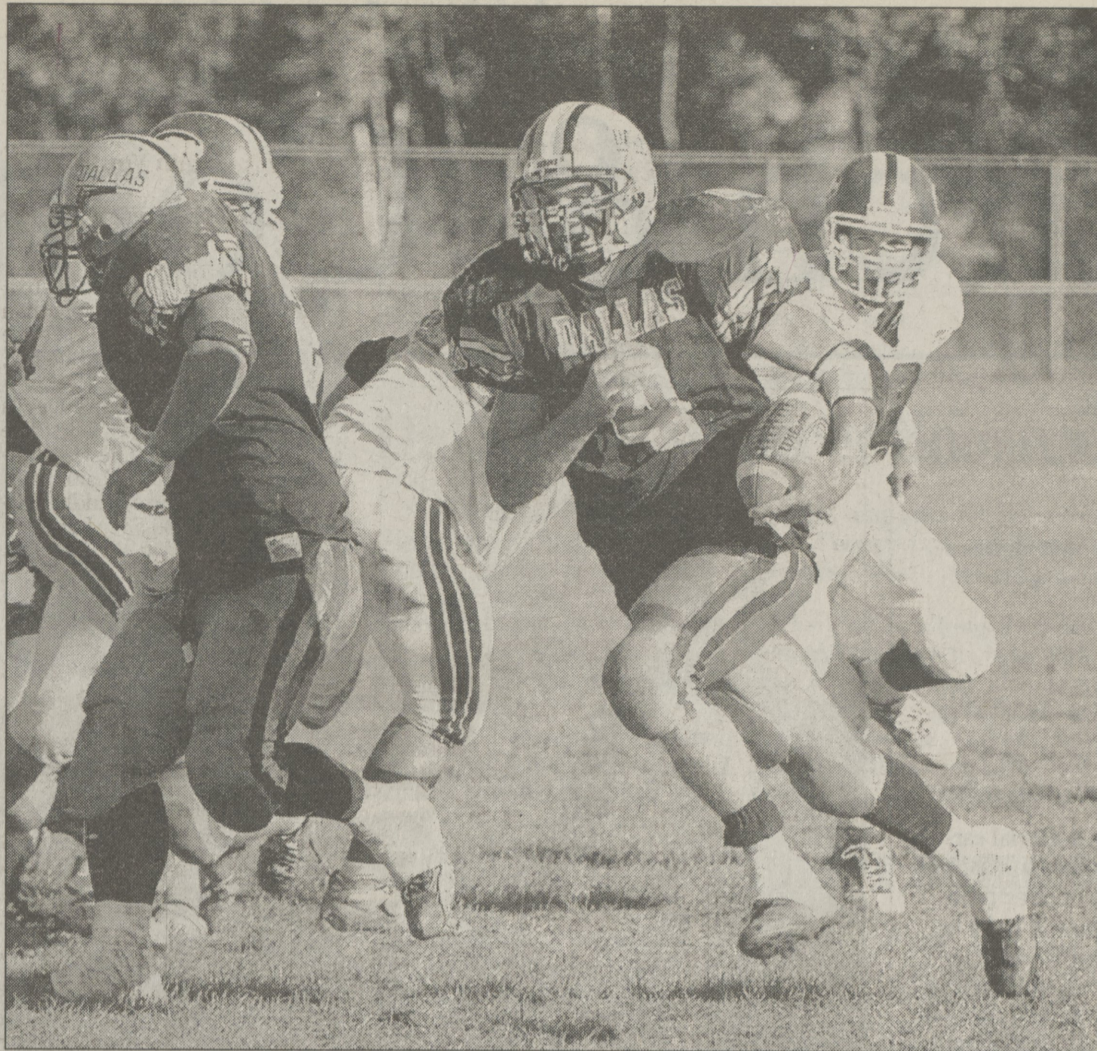
Ted Jackson
Dallas coach

pocket and running around. We made him go back into the pocket where our strength is."

Crestwood's strength, though, began to wear down late in the third quarter. Dallas tailback Doug Harris finally broke off a long gainer, a 22-yard touchdown run at 3:39. Harris and Schoonover connected on a 10-yard TD pass at 2:33 of the quarter, giving the Mountaineers a 27-7 lead.

Crestwood's running game was insignificant throughout the game, putting pressure on quarterback Mike Weyrauch. The senior scrambled for a 24-yard gain and then a 9-yard touchdown on the final play of the fourth quarter.

"Our performance lacked concentration, and Crestwood played us tough," Jackson said.

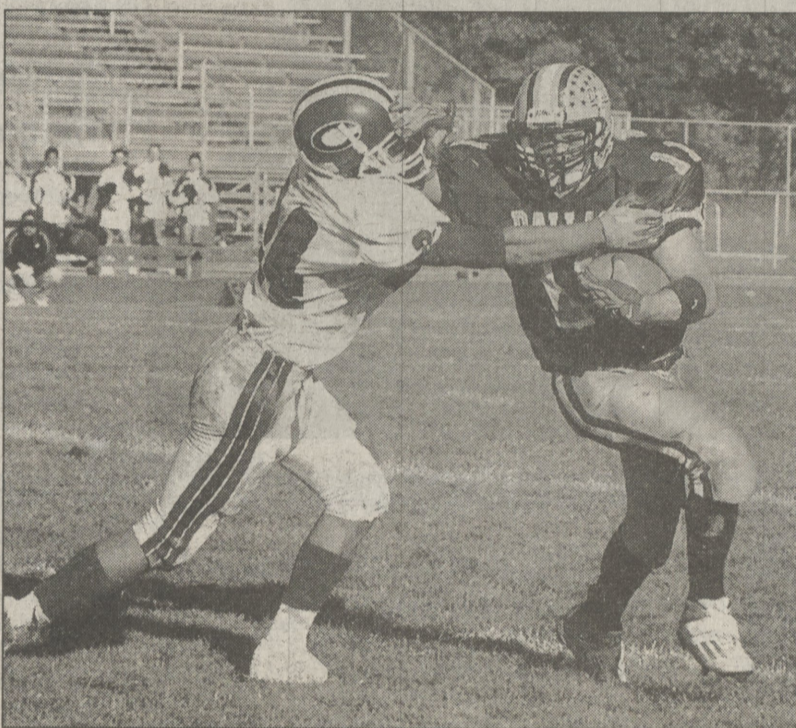


Doug Harris followed the blocking around the left side on his way to a 22-yard touchdown run.



POST PHOTOS/JIM PHILLIPS

Head coach Ted Jackson wasn't happy with his team's performance against Crestwood.



Nick Samanas returned an interception to the Crestwood 4-yard line.



Crestwood coach Greg Skrepenak, who lives in Dallas, followed the action on the field.

Hockey

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of the regular season. First, they host Bishop O'Reill Oct. 13 and visit Bishop Hoban Oct. 17.

"It was an amazing game," said Prescott, a junior. "The Sem girls are so good. I'm friends with a lot of them. They're just so good."

Seminary (10-2-1, 6-2) controlled most of the overtime, and nearly ended it on shots twice during the 10-minute, sudden-victory extra period. Only sprawling pad saves by Prescott on Tam Morris about three minutes into overtime, and then Laura Suchoski just over two minutes later kept the game going. Prescott finished with nine saves.

"One thing about Shannon is she doesn't panic," Lehman coach Jean Lipski said. "That's the mark of a great goalie."

The game was seconds away from ending in a tie when Traci Ragukas got a ball near midfield and launched Stolarick on a breakaway.

"I wasn't thinking too much on that breakaway," Stolarick said. "I was just thinking 'shoot and score.'"

As Seminary goalie Sarah Frangos came out to challenge, Stolarick slipped a shot past her. It was her sixth goal of the season, and second in a key game. Stolarick scored the only goal on Sept. 12 when Lehman beat Wyoming Valley West 1-0, handing the Spartans their only loss in league play.

Stolarick's goal marked the only time in the contest that the Black Knights led. Seminary took a 1-0 lead in the first half on a goal by Abby Sordoni, but Lehman answered before half on a goal by Ragukas. The Blue Knights went up 2-1 in the second half on a breakaway goal by Tam Morris, but the Black Knights tied the score with 10:45 left on a goal by Allison Boris.

It was the third time this season that Seminary held a lead against one of the league's top teams but couldn't make it stand. The Blue Knights scored first in a 4-1 loss to Crestwood and in a 1-1 tie with Wyoming Valley West.

Ironman

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"I tried to be really conservative last year because, obviously, I hadn't been there before, so I didn't know what to expect. I tried to lock into a good pace and stay consistent. This year, I feel a little bit stronger going into it. I'm thinking I'm going to try and race it a little bit harder."

Robbins said he hasn't had the opportunity to train extensively for the event. From last December onward, he spent much of his time preparing for the summer's qualifying races.

The 10-year veteran triathlete said he clinched his second

trip to Hawaii by finishing eighth in his age group at the Blackwater Eagleman Triathlon on June 8 in Cambridge, Md.

"I just got kind of lucky down there, right place, right time sort of thing, and got a slot," he said.

However, getting a slot represents only the first step in preparing for an event like the Ironman Triathlon World Championship. Training for such a challenging race can be quite tricky. The key, Robbins said, lies in reaching full potential at just the right time.

"You try and schedule your training so that you build up consistently until about two to three weeks prior to the race. That's when you do your longest distance. Then, in those next two weeks, you basically start tapering, and you hope that you recover enough to the point that you're peaking (by race time)."

Robbins began racing triathlons in 1994, when he participated in the Wilkes-Barre Triathlon. He now enters between six and eight triathlons each year, including the annual

Wilkes-Barre event. But the race in Hawaii represents the most sought after of all the competitions.

Although he realizes he is unlikely to outperform most of the professionals entering the race, he said he has learned some important lessons from his first trip to Hawaii.

"One of the things you really need to focus on when you're racing this distance is your calorie intake and your food and what you're consuming out there on the bike. I think that's one of the things that I short-

changed myself on last year."

Robbins said he hopes to take in 450 calories per hour this year during the multiple-hour bike stage. "The bike is basically your opportunity to get in the calories you need to sustain yourself the rest of the race," he said.

NBC will tape the event and broadcast it in prime time from 8-9 p.m. on Saturday, Dec. 6. The network will air a lead-in show the same day from 5-6 p.m.

Insidetri.com also plans coverage on the day of the event.

RESEARCH MATTERS

by
Dr. David J.
Madeira



"Snort. Sniffle. Sneeze. No antibiotics please."

Part 2

Last time we looked at the CDC's "Snort, Sniffle, Sneeze, No Antibiotics Please" ad campaign directed at getting moms to stop demanding antibiotics for the common cold.

This time we look at Acute Otitis Media (AOM) — middle ear infections — another area the AP reports the CDC says antibiotics are commonly misused. About half of these infections are caused by viruses and so will not be helped by antibiotics. Dr. Margaret Rennels of the University of Maryland, chair of the American Academy of Pediatrics' infectious-disease committee, said doctors are becoming more willing to suggest "watchful waiting" for these infections.

She noted that some fluid behind the middle ear is common in children's colds and will not be relieved by an antibiotic. Doctors can often tell just by looking whether the infection is bacterial and will respond to antibiotics. "Only a child who has purulent puss behind the middle ear with a red, bulging ear drum should be prescribed an antibiotic," she said.

Interestingly, a recent study showed that Osteopathic Manipulation showed measurable benefit for children with recurrent ear infections when used in addition to routine pediatric care. This study included 57 children and measured such things as frequency of episodes of AOM, antibiotic use, surgical interventions, various behaviors and tympanometric and audiometric performance.

The study concludes that manipulative treatment "may prevent or decrease surgical intervention or antibiotic overuse." This is good news for those looking for alternatives to antibiotics. My children get adjusted regularly and have never needed antibiotics.

The Use of Osteopathic Manipulative Treatment as Adjunct Therapy in Children with Recurrent Acute Otitis Media. Miriam B. Miller, MD, et al. Arch Pediatr Adolesc Med. 2003;157:861-866. Vol. 157 No. 9, Sept. 2003



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