

## Roundup

(continued from page 7)

### WYOMING VALLEY WEST 76, TUNKHANNOCK 62

Jan. 29 — Tunkhannock had four players in double figures — Connie Ames (20), Jessica Wildrick (15), Kristen Condeelis (11) and Alissa McMickens (10).

### NANTICOKE AREA 77, LAKE-LEHMAN 42

Jan. 29 — Lehman, Sheree Horvath and Jess Turak scored 10+ points each for the Black Knights.

### BISHOP O'REILLY 63, WYO. SEMINARY 39

Jan. 29 — Erin Chesnavich scored 21 points to lead four Queenswomen in double figures in their win over Wyoming Seminary. Lindsay Williams scored 12, Janelle Zabresky 11 and Laura DeCesaris 10 for the winners.

## WRESTLING

### WVW 53, DALLAS 15

Feb. 4 — For Dallas, Jeff Thompson (130) won by pin. **Lake-Lehman 72, Wyoming Area 12**

Jan. 29 — Lake-Lehman got pins from Derek White (130), Jeremy Schutz (135), Andy Josuweit (140), Brandon Brown (152), Matt Stuart (160), Joe Klemunes (171) and Stan Brudnicki (189) in the win.

## BOYS SWIMMING

### DALLAS 90, HANOVER AREA 83

Feb. 4 — Hanover Area won eight events, but Dallas' uncontested sweep of the diving provided a 13-point swing in the final score.

Alaric Eby, Mike Glicini and Richard Smith finished 1-2-3 in diving.

Sean Gilroy had wins in the 200 and 500 freestyles for Dallas. Dallas won the 200 freestyle relay.

### VALLEY VIEW 95, BISHOP O'REILLY 39

Feb. 4 — Carl Seitz (200 free), Dan Mullen (200 IM) and Kyle Zulkoski (100 breast) finished in first place for the Queensmen in the loss.

### DALLAS 112, BISHOP O'REILLY 40

Jan. 31 — Allen Gonczel (200 individual medley, 100 breaststroke) and Sean Gilroy (50 freestyle, 100 freestyle) led the way for the Mountaineers with two wins each. Alaric Eby (diving), Jim Shrader (500 freestyle) and Mike Fasulka (100 backstroke) also picked up wins for Dallas.

Chris Seitz (100 butterfly) had O'Reilly's lone win.

### HANOVER 80, TUNKHANNOCK 71

Jan. 30 — Steve VanDuzer (200 IM, 500 free) led the way for the Tigers with a pair of first-place finishes.

Chris Veety (100 back)

picked up a win for Tunkhannock.

### SCRANTON 115, DALLAS 61

Jan. 29 — Sean Gilroy (200 free), Alaric Eby (diving) and Andrew VanLoon (500 free) recorded wins for the Mountaineers.

## GIRLS SWIMMING

### DALLAS 124, HANOVER AREA 60

Feb. 4 — Paige Kyle (200 IM, 100 fly), Rachel Martin (50 free, 100 free) and Hillary Smith (200 free, 500 free) were individual event double winners for Dallas.

The Mountaineers won 11 of 12 events.

### VALLEY VIEW 132, BISHOP O'REILLY 36

Feb. 4 — Moriah Floryan (50 free) and Jackie Lowe (500 free) picked up wins for the Queenswomen in the loss.

### DALLAS 122, WYOMING AREA 60

Feb. 1 — Kyra Szulborski lead Dallas with four first-place finishes in its victory over Wyoming Area.

Rachel Martin was a triple winner for the Mountaineers and Whitney Bolton won the diving competition.

### DALLAS 131, BISHOP O'REILLY 36

Jan. 31 — Kendra Gouse (200 individual medley, 100 butterfly) and Katie Szulborski (50 freestyle, 100 backstroke) each won a pair of events to lead the Mounts.

Whitney Bolton (diving), Angie Duris (200 freestyle), Hillary Smith (500 freestyle) and Alyssa Retzena (100 breaststroke) also picked up wins for Dallas.

### TUNKHANNOCK 115, HANOVER 70

Jan. 30 — Holly Rozelle (200 free), Mauri Anderson (100 free), Jessie Shaw (500 free), Julie Novack (100 back) and Courtney Austin (100 breast) all finished first for the Lady Tigers.

Tunkhannock won all three relay races.

### DALLAS 112, SCRANTON 74

Jan. 29 — Hillary Smith (200 free), Kira Szulborski (50 free), Sarah Rupert (diving) and Paige Kyle (100 fly) all recorded wins for Dallas in a victory over Scranton.

### BISHOP HOBAN 109, WVW 77

Jan. 29 — Caroline Byron won the 100 freestyle and was on the winning 200 and 400 freestyle relay teams. Earlier in the meet, she set a school and pool record in winning the 50 freestyle in 24.03 seconds. The 200 freestyle relay team of Byron, Kelly Dessoie, Kay Bellas and Bryn Mesko set a pool record with a time of 1:42.38.

## Boating courses planned

The state Fish and Boat Commission and its cooperators are offering several basic boating courses in the region. Most of these eight-hour courses are free, and all are open to the public.

Course graduates have the option to apply for a boating safety education certificate for a \$10 fee. The certificate is required for personal watercraft operators and youth that operate motorboats of certain horsepower.

Call the appropriate telephone numbers for more information or to preregister.

Details on these certificate requirements are available at the Commission's Web site: [www.fish.state.pa.us](http://www.fish.state.pa.us). For more information, contact Walt Dietz at the Commission's Northeast Region Office in Sweet Valley at 477-2206.

Courses, by date, include:

- Feb. 21 — North Mountain Sportsman's Association, Sullivan County, starts at 9 a.m., 482-2991.



**Lake-Lehman Duals Champs.** From left, foreground: Matt Stuart, Derek White. Second row: Steve Schwartz, Tim Ford, Jared Kopetchne, Mike Brin, Brandon Higgins, Art Spencer. Third row: Assistant coach Bob Lipski, Josh Arnold, Stan Brudnicki, Pat McHugh, Josh Arnold. Standing: Head coach Phil Lipski, Kevin McHugh, Brandon Brown, Joe Klemunes, Jeremy Schutz, Andy Josuweit, Matt Dragon, Assistant coaches Willie Weber, Ed Turchin and Mike Tereska.

# Knights are duals champs

Staff report

**YATESVILLE** — Lake-Lehman (14-6) won its third consecutive District 2 Duals Tournament 2A title. The Black Knights, however, are not as strong as previous years, and needed some help from unlikely places, as well as a pin from standout Jeremy Schutz in the final bout for a 40-34 defeat of Western Wayne (12-8) in the final on January 31.

"They're all special," said Lehman coach Phil Lipski. "But when you put your heart and soul into the sport and the kids do the same, you know you've done something right."

Lehman got all it could handle against a balanced Western Wayne squad.

While the Black Knights have their murderers' row in the middle of Schutz (135), Andy Josuweit (140) and Matt Dragon (145), they wouldn't be holding up trophy No. 3 without their lesser-known upperweights.

"They work just as hard as we do," Schutz said of Joe Klemunes (171), Stan Brudnicki

(189) and Kevin McHugh (215, 275), each of whom won twice on Saturday for Lehman, which beat Scranton Prep 57-15 in the semis.

Lehman jumped out to a 27-4 lead, but would win just three more bouts. Meanwhile, Western Wayne won five of the next seven via fall (four came in the first period).

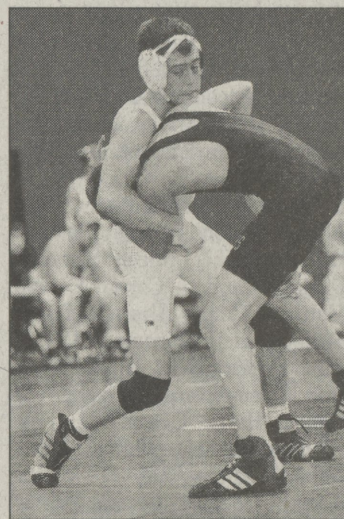
McHugh interrupted that stretch with a clutch decision. He bumped to heavyweight and gave up 53 pounds to Wildcat R.J. Sibello, a bronze medalist at districts last season.

McHugh held a 4-3 lead after two periods, scored on a technical violation and escape and hung on for a 6-5 win.

The score was tied at 30 when Schutz, who leads the Black Knights with 20 pins, met Dan Vogel in the finale at 135. Schutz had pinned Vogel in the Times Leader Invitational and Tunkhannock Kiwanis Tournament.

"Obviously you're anxious, but you have to feel pretty comfortable with a guy like that on that mat," Lipski said of Schutz.

Schutz scored an early takedown and rode Vogel for the rest of the first period. Schutz chose top to start the second and rode Vogel again. Starting the third neutral, Schutz scored another takedown and worked a cradle for the pin.



FOR THE POST/FRED ADAMS

Lake-Lehman's Derek White worked to take down Western Wayne's Dan Lasota at 125 lb. in the AA Dual meet final.

## Knights

(continued from page 7)

Brown (17-10) benefited from a technical violation in each of the first two periods and a second-period escape. Brown escaped from bottom in the third to tie the score 4-4. After a scoreless one-minute overtime, Smoker chose bottom for the 30-second rideout. Brown threw his legs in and kept breaking Smoker down, keeping him flat to the mat for the final 15 seconds to win.

"I knew when I went into the match I had to win," said Brown, who cramped up early in the first period. "I couldn't let it go down to the last person. I just stuck with it."

Regardless of what happened in the finale (Matt Stuart lost by major decision), Lehman would have won a tiebreaker via the second criteria, more bouts won (8-6).

Lehman got early falls from Stan Brudnicki (189) and Kevin McHugh (275) to take a 15-9 lead, then lost four in a row, three via pin, and trailed 29-15.

Derek White (130) and Jeremy Schutz (135) reversed the tide with consecutive decisions and Andy Josuweit scissored his opponent for a first-period pin at 140.

Dragon's convincing win over Letts was a big one. Dragon is ranked second and Letts is 11th in the state by Off the Mat rankings.

Lipski credited the Altoona Duals Tournament, which the Black Knights competed in two weeks ago, and last weekend's District 2 Duals Tournament, for preparing them for Octorara. Lipski also played the role of travel agent.

"I told the kids, 'What do you want to do? Go to Hershey on Friday or go to Towanda (today) on the bus for two hours?'" Lipski said. "They sort of got pumped up for it."

## Dallas Jr. Football meeting Feb. 8

The Dallas Junior Football Association will conduct a board meeting on Sunday, February 8 at 6:30 p.m. at the Dallas Township Municipal Building. The public is invited.

# Put great rates and us behind you.

## Home Equity Line of Credit

### Special Intro Rate

# 2.99%

Annual Percentage Rate\*  
Fixed for three billing cycles

### Regular Rate

# 4.00%

Variable Annual Percentage Rate\*  
thereafter



Alexandria Maniskas  
Branch Manager

What better time to consolidate all your loans, expensive credit card debt, make home improvements or buy a car. You can count on us to make this transaction as effortless as possible. No closing costs. No application fee . . . just one low monthly payment at these special rates. First Federal wants to satisfy your needs for credit with a great Home Equity Line of Credit. Make sure you check with your tax advisor on the deductability of interest.

**First Federal**  
Put a great bank behind you.

Apply online at [1stfederalbank.com](http://1stfederalbank.com),  
call our Customer Service Center  
at (800) 582-6307 or visit  
your local First Federal Bank office.

\*Prime minus 1.01% currently 2.99% Annual Percentage Rate (APR) is a fixed introductory rate for the first three billing cycles of the account for an amount borrowed of \$25,000 or more. After that, for the life of the loan, the regular rate may range from prime minus .50% to prime plus 1.50% and is based on review of your credit application. A minimum APR of 4% applies. APR may vary after that and is based on the prime rate published in the Wall Street Journal on the last business day of the previous month. A minimum amount borrowed on a credit line of \$25,000 and automatic payment from a First Federal Bank checking account relationship required for these APR's. Property insurance and flood insurance, if applicable, are required. Owner occupied properties only. Offer may be modified or discontinued without notice. May require title insurance with lines over \$100,000. Maximum APR is 18%. Consult your tax advisor about the deductibility of interest. Offers are for new accounts or at least a \$10,000 increase to existing First Federal home equity credit lines to reach the minimum amount borrowed of \$25,000. There is an annual fee of \$35.00. This fee is waived for the first year and thereafter if the average balance on the line of credit is \$10,000 or more. First Federal will not furnish any service, or fix or vary the consideration for obtaining a service, on the condition that the customer obtain some additional credit, insurance or other service from First Federal or any other of its affiliated companies.

Equal Housing Lender Member FDIC

# Curves

The power to amaze yourself.™

Introducing a place where your dreams are our goals.

NOW OPEN IN  
NANTICOKE  
740-2777



Now there's a place in your neighborhood called Curves. Curves is thirty-minute fitness, commonsense weight loss and the support you need to do both. Call us today and discover what over one million women already know: that at Curves, your dreams are our goals.

First 100 Members  
**66% Off**  
Service Fee

Come celebrate the opening of  
our newest facility by also  
visiting us in:  
PLAINS 270-4554  
HANOVER 270-5588  
LEHMAN 674-5588

[www.curvesinternational.com](http://www.curvesinternational.com)