

## Roundup

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for Dallas, and Sara Swepston knocked in two runs.

### Crestwood 3, Lake-Lehman 2

May 7 — Jackie Hettes led Lake-Lehman, going 2-for-3 with an RBI.

### Bishop O'Reilly 7, GAR 5

May 6 — Kathleen Paley went 2-for-4, including a two-run single in the bottom of the sixth inning, to break a 5-5 tie and give the Queenswomen the victory.

Stephanie Latosek added two hits for Bishop O'Reilly.

### Tunkhannock 2, Wyoming Valley West 1, 8 inn.

May 6 — Connie Ames went 3-for-3, including a game-winning single that scored Liz Hemminger in the bottom of the eighth. Staci Szychowski and Nicole Palmer slugged doubles.

## VOLLEYBALL

### Dallas 3, Crestwood 0

May 12 — Corey Hine had 12 kills and six blocks to pace Dallas to a 25-20, 27-25, 25-15 victory.

Jordan Belschner and Dustin Bednarz added nine kills apiece for the Mountaineers (5-8).

### Tunkhannock 3, Coughlin 0

May 10 — Mike Nerozzi served seven aces and Kenny Young recorded nine kills in Tunkhannock's 25-10, 25-11, 25-22 victory.

Mike O'Mara added eight kills and Eric Kytte posted seven assists for the Tigers.

### Dallas 3, Wyoming Area 2

May 10 — Strong play at the net by Corey Hines and Jordan Belschner allowed Dallas to outlast Wyoming Area.

The Mountaineers won 20-25, 25-20, 25-20, 21-25, 16-14. Eric Davis had 12 kills and Josh Reeve added six for the winners.

### Tunkhannock 3, Crestwood 0

May 6 — Defending WVC champ Tunkhannock won its seventh consecutive match with a 25-15, 25-5, 25-11 sweep of Crestwood.

Kenny Young had 14 kills and 16 points to pace the Tigers (7-4). Rob Mitchell had 10 blocks. Eric Kytte had 17 assists and Mike O'Mara served 16 points.

## GIRLS SOCCER

### Dallas 6, WVV 1

May 10 — Caitlin Dukus scored two goals and had an assist as Dallas clinched the Wyoming Valley Conference Division A girls soccer title with a 6-1 victory over Wyoming Valley West on Tuesday.

The victory, coupled with Lake-Lehman's loss to Coughlin, gave the Mountaineers (12-0-1) the championship.

Hallie Williams added a goal and an assist for Dallas. Celia Pambianco, Alia Pyros and Megan Savage also added goals.

### Coughlin 3, Lake-Lehman 1

May 10 — Traci Ragukas



FOR THE POST/CHARLOTTE BARTIZEK

Catcher Kasey Corbett pulled in the final out of last week's game against Crestwood, with the bases loaded

scored Lake-Lehman's goal.

### Lake-Lehman 9, North Pocono 0

May 10 — Allison Culver scored four goals and Caroline Motyka added two more as Lake-Lehman rolled past North Pocono.

Traci Ragukas added a goal and three assists for the Black Knights, who held the Trojans without a shot. Chrissie Kazmierski scored the other two goals. The Black Knights defense did not allow a shot on goal.

### Dallas 4, Meyers 0

May 6 — Caitlin Dukus scored all four goals as Dallas shut out Meyers.

The Mountaineers held Meyers without a shot while getting 22 of their own.

### Lake-Lehman 2, Wyoming Seminary 0

May 6 — Brittney Hillard and Kristen Noler scored goals for Lake-Lehman and keeper Melissa Strunk made six saves.

## TRACK AND FIELD

### BOYS

#### Meyers 103, Dallas 47

May 10 — Ryan Dimmick won the 800 (1:59.3) and 1,600 (5:08.5) for Dallas. Chris Mounce won the 300 hurdles (55.3) and anchored Lake-Lehman's winning 400 relay team. Aaron Smolow won the triple jump.

#### Lake-Lehman 67, Northwest 64

May 10 — Brandon Burkhardt won the shot put (46-4), discus (134-10), javelin (142-7) and high jump (5-4) to help Lake-Lehman to the victory.

Shae Adamshick won the 400 (55.3) and anchored Lake-Lehman's winning 400 relay team. Aaron Smolow won the triple jump.

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### GIRLS

#### Lehman wins WVTF D-II

With wins over Northwest Area and Greater Nanticoke Area on Tuesday, Lake-Lehman



Lauren Collini picked up the win on the mound for the Mountaineers.

won its second consecutive WVTF Division II title, finishing the year with a 7-0 record under first-year coach John Sobocinski.

### Tunkhannock 115, Wyoming Area 28 Tunkhannock 111, Berwick 37

May 12 — Alissa McMickens won the 100 (13.6) and 200 (28.8) to lead Tunkhannock to a WVTF Division I sweep.

#### Dallas 85, Meyers 58

May 10 — Meyers won 11 events, but Dallas tallied points for all but one second- and third-place finish.

Jess Jones won the 1,600 (6:08.5) and was on Dallas' winning 3,200 relay team. Other winners were: Brooke Blase, shotput; Jamie Stanish, 800; Lisa Giacometti, 3,200 and Robin Razawich, high jump.

#### Lake-Lehman 118, Northwest 23

May 10 P. — Janine Mitkus was a winner in the 100 (13.6) and 200 (28.3) and was on Lake-Lehman's winning 400 relay team as the Black Knights wrapped up the WVTF Division II title.

Jessica Callahan placed first in the 800 (2:42.4) and 1,600 (5:53.9) in Lake-Lehman's victory. Other winners were: Amber Burkhardt, triple jump; Angela Maslowksi, shot put; Jaime Lipski, 400; Annie Sorchik, discus and javelin; Rebekah Williams, long jump and high jump; Melissa Josuweit, 3,200.

### James Cross Invitational

MAY 8 — Wyoming Valley Track and Field League athletes won 24 of the 36 events at the 26-team event, the largest field in the meet's eight years.

Dallas' Ryan Dimmick had a breakthrough performance in the boys 800 at the James Cross Invitational Track and Field Meet, winning in a meet-record 1:55.3, a personal best by nearly four seconds. That race may mean Dimmick will focus on the 800, rather than the 1,600 at districts.

"He told me he wanted to do 1:56 today," said Dallas coach Matt Samuel. "We have some thinking to do."

Also at the meet, Dallas' Chris Mounce won the 300 hurdles in 41.1 and the Dallas girls 3,200 relay team won gold in 10:18.5.

Lake-Lehman's Brandon Burkhardt won the discus with a throw of 153-3 and was second in the javelin with a throw of 177-10.

All proceeds from the event went to the Luzerne County Special Olympics.

### Host Tigers win relays

May 6 — The Tunkhannock boys and girls teams swept the Tunkhannock Rotary Relays team titles.

The Tunkhannock boys won with 55 points, three points better than Wyoming Valley West. The Tigers won the 4x800 relay (9:17.64) and distance medley relay (9:03.31).

The Tunkhannock girls won with 53 points, 10 better than Wyoming Valley West. The Tigers won the 4x100 relay and the 4x400 relay.

## Burkhardt

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ways trying to get better." The toughest challenge for Burkhardt has been balancing the schedules for two varsity teams. "It hasn't been too bad," he said. "The hardest part has been trying to get enough practice with the track and field team."

Since Burkhardt participates in throwing events and can practice on his own if necessary, baseball practice takes priority over track and field. He usually joins track practice after baseball or works out alone.

"I try to go to baseball practice first and then get to track and field practice," he said. "Sometimes I end up working on my throws alone. That's an advantage of being in an individual sport."

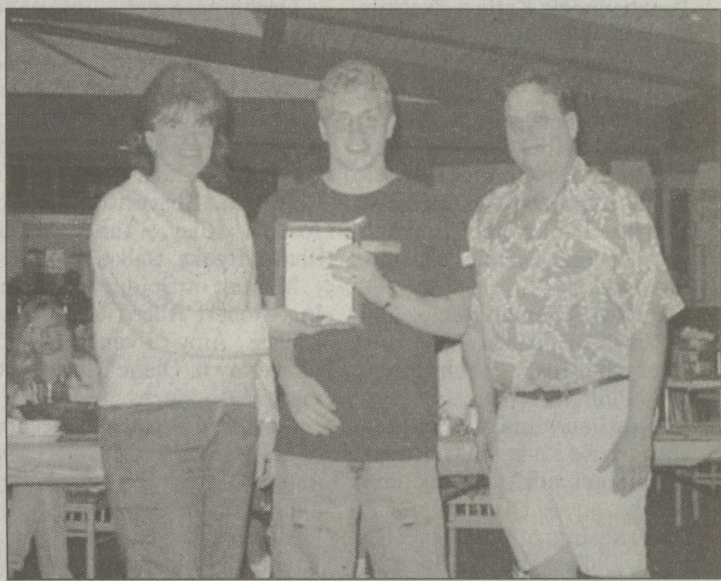
It's that individual aspect that really attracts Burkhardt to the competition of the throw-

ing events. "Track is my favorite sport," said Burkhardt, who also plays football for the Knights. "I really enjoy the individual competition where you don't have any teammates to depend on."

Sobocinski says Burkhardt's presence has a huge impact on his track and field teammates. "It's amazing to see the difference he's made in the team's morale," said Sobocinski. "He's been a boost for the entire team. When he's there, he gives everyone else a bit more confidence."

Burkhardt is currently preparing for the District II Track & Field championships which will be held Tuesday at North Pocono High School.

He'll compete in the discus, javelin and shot put and is expected to be among the top finishers in all three events.



Shirley Zalinsky, left, and Bill Zalinsky, present Dallas sophomore Josh Anderson with the Casey Zalinsky Award, established in memory of their son.

## Josh Anderson wins first Casey Zalinsky Award

Sophomore Josh Anderson has been awarded the first annual Casey Zalinsky Award, established in Casey's memory for the Dallas Senior High wrestler who went "above and beyond" to give up something for the team. The presentation took place at the annual junior/senior high school awards dinner held by the Dallas Wrestling Booster Club May 2 at Grotto Pizza, Harveys Lake.

Anderson, who weighed only about 158 lb., wrestled the 171 lb. weight class for most of the year. While he had less than a .500 record, he finished a respectable sixth at districts.

The award was presented by Sean McMahon, president of the club, and Bill and Shirley Zalinsky, Casey's parents. The award will be given in future years and each recipient's name will appear on a special trophy to be placed on display at the

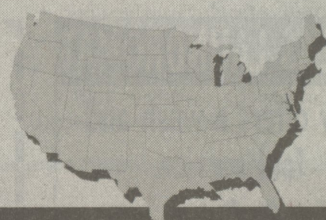
high school. Also at the dinner, Dan Natitus, the new Dallas High School head coach, and his assistant Matt Gingo were introduced. Both Natitus and Gingo are graduates of Dallas and former wrestlers, as is Gerry Ogurkis, assistant junior high coach, who handed out awards to the junior high team members.

Natitus presented awards to senior high team members.

Junior John Hettes was recognized for his outstanding year, placing first at the AAA District 2 tournament at 125 lb. and having only six losses — all to state champs or top eight finishers at states.

Morgan Anderson, the only senior on the team, was honored for his excellent career which included fourth at districts last year and fifth this year in the tough 160 lb. class.

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