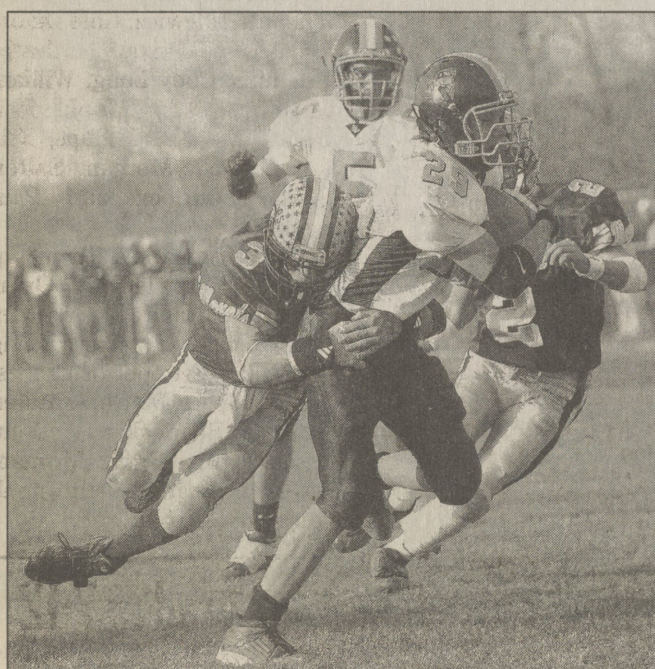


DALLAS MOUNTAINEERS RETAIN OLD SHOE TROPHY WITH VICTORY IN 56TH ANNUAL RIVALRY GAME

(continued from page 7)



Lake-Lehman fans filled the bleachers on their side of Mountaineer Stadium for the 56th Old Shoe game.



Lake-Lehman's Stephen Yankowski struggled to escape from Matt Kelly (3), Dallas as Jim Schwerdtman (2) closed in.



Nick Samanas ran into the open field as Bruce Redmond held off Lake-Lehman's Ryan Arcangeli.

Knights' kickoff, Dallas used its ground game to put the ball in the end zone.

Harris had carries of 8 and 9 yards before breaking a 34-yard touchdown rush on a pitch to the left. Mike Race's extra point gave the Mountaineers a 21-7 advantage.

Dallas tacked on another Harris touchdown with 5:58 left in the third. The back took a handoff 19 yards straight up the middle, capping an eight-play, 79-yard drive that resulted in a 28-7 Dallas lead.

Lake-Lehman (4-6) closed the gap to 28-14 late in the third as Arcangeli connected with Rick Schofield on a 50-

yard touchdown toss. But Dallas kept the Black Knights off the board the entire fourth quarter.

"I thought they beat us up front," Lake-Lehman coach Greg Myers said, "but at the same time, here we are again. We fight to the end, and a couple breaks don't go our way."

While Dallas dominated on the ground, gaining 211 yards to Lehman's 86, the Black Knights' Arcangeli lit up the Mounts for 205 yards on 17-for-35 passing.

Chris Boyle caught 10 of those passes for 101 yards and Rich Schofield hauled in five for 76 yards.

Dallas leads 7-2 in BMT Cup standings

After winning the Old Shoe game, Dallas has a big 7-2 lead in the race for the 2004-05 Back Mountain Cup.

Lake-Lehman's victories came in girls volleyball and field hockey, while Dallas won golf (twice), soccer (twice), boys and girls cross country and football.

But the winter season brings entirely new challenges and

opportunities for each school to shine.

The Back Mountain Cup, sponsored by The Post, counts all varsity, regular-season matchups between the two high schools. Preseason and playoff games, if there area any, are not included in the totals.

SEAN'S SKI TIPS



Q. My feet always get cold, what can I do?

A. Make sure your boots fit properly, wear the right socks, and wear a hat. Good blood circulation keeps your feet warm, boots that pinch and wet socks almost guarantee cold feet. Heated boots are available for people with poor circulation in their feet.

Country SKI & SPORTS

1080 Wilkes-Barre Twp. Blvd., Wilkes-Barre, PA 18702 • Rt. 309 at Blackman St. (570) 824-0541 • Fax: (570) 824-6024
www.countryskiandsports.com

Curves

The power to amaze yourself.™

1 Week FREE or 50% OFF Service Fee

At Curves, we give the support you need to achieve 30-minute fitness and common sense weight loss.

LEHMAN • 674-5588

Internet Made Easy!

Unlimited Access!

\$9.95 PER MONTH
No Credit Card Required

FREE SETUP SOFTWARE makes connecting fast & easy!

5 Email Addresses - Webmail!

INSTANT MESSAGING - AIM, MSN and Yahoo

Free LIVE Technical Support!

Immediate Access: www.localnet.com

Plus

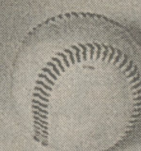
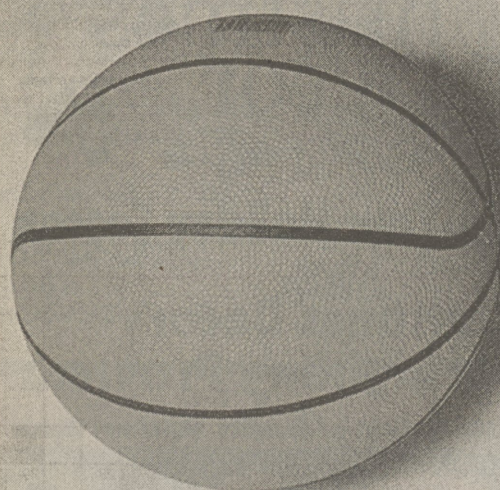
LocalNet EXPRESS just \$3 more

Surf up to **5X faster!**

824-8066

LocalNet RELIABLE INTERNET ACCESS SINCE 1994

Whatever Your Sport, We'll Make Sure You Always Know The Line-Up.



Want to know who's playing what for whom?

The Post tells you this and more. We don't just give you the plays.

We deliver analysis, stats, and more.

And you can depend on our delivery staff for timely, courteous service.

The Post