

Dominic Hockenbury got real good real fast

Lake-Lehman cross country runner's improvement surprises coach.

TOM ROBINSON
For The Dallas Post

Dominic Hockenbury's talent as a cross country runner was immediately evident to Lake-Lehman coach John Sobocinski.

The only surprise has been the pace at which Hockenbury has climbed through the ranks for the region and state's top distance runners.

"When he first arrived on the scene in junior high, you could tell he was something special," Sobocinski said. "I wasn't so sure he would get this good this fast."

Hockenbury was the only freshman to medal in Class AA boys at last year's Pennsylvania Interscholastic Athletic Association Championships

when he finished 22nd out of more than 200 runners.

The sophomore added to his resume on Sept. 14 with the first invitational victory

of his high school career, a win at the Lackawanna County Commissioners Invitational at McDade Park in Scranton.

"Last year, I knew he would be one of the best runners in the district," Sobocinski said of Hockenbury, who was third in the District 2 race that was won by Kieran Sutton, a Lake-Lehman teammate who has since graduated. "Then, at states, it's a whole different level."

"He's a really small, gangly kid. His goal was to medal, but he was a long-shot. He was able to go down and pull it off."

That success on the district and state level puts

Hockenbury's emphasis on those events at the end of the season rather than on his regular-season success.

"It wasn't a big goal of ours to go up there and win the invitational," Sobocinski said. "It's a feather in his cap, but it's just one race along the way toward the ultimate goals we have for the season."



Hockenbury

"... First things first, he has to punch his ticket to states and that will go by way of Elk Lake in the district championships in October. So, he's preparing for that course and getting ready for that particular race. Then, if he gets to states, we'd like to go down and improve on his performance from last year. We definitely would like to see him earn a medal in the top 10 in the state."

Hockenbury continued to

show that potential when he finished nearly a minute faster than at the same race a year ago, dropping to 15:54 for the 3.1-mile course to win by 14 seconds over Lakeland's Nate Morgan. "I didn't expect to drop that like," Hockenbury said.

Hockenbury was, however, aware of the opportunity to pick up his first invitational victory. "In a race like that, I felt like I could control the pace and I was able to do that," he said.

Hockenbury started the season with a second-place finish at the Cliff Robbins Invitational behind Dominic DeLuca of Dallas, with whom he could do battle again on the district level and perhaps in pursuit of higher goals.

"Dom's a great runner," Hockenbury said. "It's nice having competition close to home like he is."

Hockenbury's winning

effort helped Lake-Lehman place fifth as a team in the Lackawanna County Commissioners Invitational. Jordan Lindley placed 14th and Chris Sabol was 19th.

Dallas did not use all of its top runners but was able to finish in the top half of the field in seventh. Kurtis Sod led the way for the Mountaineers with a 20th-place finish.

The Lake-Lehman girls were fourth out of 13 full teams behind the efforts of two more sophomores. Julia Hutsko finished sixth in 20:40 and Lindsay Pembleton was 11th.

Dallas finished fourth of 18 teams in junior high boys by packing all five runners between 23rd and 37th place.

Kyra Apaliski finished seventh to help Lake-Lehman finish fourth out of 17 junior high girls teams.

PUZZLE ANSWERS

Puzzles can be found on pg. 2

Go Figure!

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King Crossword

Answers

Solution time: 21 mins.

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Super Crossword

Answers

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YOUTH FOOTBALL RESULTS

Dallas C team gets two wins, remains undefeated

The Dallas C team remained unbeaten at 5-0, picking up two wins over Duryea, 30-6, and Edwardsville/Larksville, 22-0.

Scoring TDs against Duryea were Lucas Shultz, Alex Hajikowski, Jared Adamski, Mitch Burgess and Ayden Berndt.

Against Ed/Lark, TDs were tallied by Jared Adamski, Alex Hajikowski and Mitch Burgess.

In both contests, the Dallas defense played exceptional, led by Ryan Cuba, Jace Chopyak, Mark Karcutskie, Cody Konnick and Matt Esposito.

Meadows

From page 1

one of the changes that has impacted her job over the years has been the increase in paperwork to comply with state regulations. "It was a lot simpler then," she said of days gone by.

Working at the Meadows has been a rewarding experience and she's made a lot of friends, Congdon pointed out. "I often said I should have written a book about all of my experiences. It was just amazing to think

about all we went through during the years."

Mary Ann Fosko, a registered nurse who works dayshift, recalls the early days at the Meadows. "It was less hectic then," she said, remembering her first day of work on Aug. 13, 1984. Although advances in technology have improved the healing process for residents, it has also increased the work load, she said. The one thing

Fosko said that hasn't changed in 30 years, however, is the way the staff works together. "We have a family atmosphere."

Fosko recalled the blizzard of 1993 when the small number of employees who were snowed in and couldn't get home, took turns folding laundry and cooking. Fosko said the late Tom Thorne, who was head of maintenance at the time, was her "rock." When the snow

had reached the roofs of the employees' vehicles, Thorne and his staff cleared them off.

Admitting there have been plenty of ups and downs as with any job, Fosko said she's happy to be a part of the Meadows family. "There's no Utopia," she said. "No place is perfect. It's what you make of it. We just do the best we can."

METRO

From page 4

for a very good meal and not be rushed out at the end of the meal. It's the kind of place that people come to at 7:00 or 8:00 for dinner on a Friday and they're still here at 12:30. It's a place to hang out...That's what we are."

Since Ford purchased Metro on Jan. 1, 2011, he has made several changes to the business, the largest being the menu and hours of operation.

As of two weeks ago, the restaurant is now open seven days a week, adding Mondays to its schedule with drink specials and a Monday night football half-time buffet. The restaurant also recently added a Sunday brunch, starting at 10 a.m.

"When I took over, the food was very good," Ford said. "I upgraded the product. And that's across the board - from the least expensive items to the most expensive."

He said the kitchen went from making about 20 percent of its food from scratch to about 85 percent from scratch. Instead

of farm-raised frozen fish, it now uses fresh ocean-caught fish. The salmon steaks, as well as the beef steaks, are hand-cut for freshness. The burgers, which used to be made from ground chuck, are now exclusively ground Angus. The cheesesteaks are no longer pre-made, rather the beef is seasoned and roasted in-house. The chicken is purchased from Amish farms and the majority of the produce locally grown. The number of vegetarian selections on the menu has multiplied.

Even the beer selection was upgraded from a small, practically static tap selection to 24 taps, most of which rotate regularly, in addition to the bottled beer. Thirty-six wines are offered by the glass.

"The plan from day one has been to upgrade the food product but still keep it a casual and fun atmosphere," Ford said.

A large amount of the "fun" part of the atmosphere comes with the live entertainment,

another area in which Ford initiated changes. He said for the past few years, Metro brought in about 35 different local bands on both Friday and Saturday nights, as well as solo acoustic performers during the early evening hours.

In response to customers' expressed desires to simply sit at a table and relax, chatting with their friends on a Saturday night, Ford decided to eliminate the Saturday night bands and bring in only acoustic performers in the early evening dinner hours for "very low key" performances.

Friday nights, however, still feature live bands and in October a regular rotation of the restaurant's four most popular bands will commence. On the first Fridays of each month, Classic Rock Express will take the stage. Second Fridays will feature the Jeanne Zano Band. Third Fridays belong to Strawberry Jam. And on fourth Fridays, The Band Jax will provide the music.

On months in which there are five Fridays, other popular local bands will perform.

Acoustic solo acts include singer/songwriter Paul Martin every Friday and Tony Vergnetti and Dustin Switzer rotating every other Saturday.

Live bands perform from 9 p.m. to 1 a.m. and solo acoustic acts from 6 to 9 p.m. Thursday nights will also feature live music by the house band from 9 p.m. to 1 a.m.

"We're very fortunate in this area," Ford said, "because we have a plethora of very talented original artists."

"This is such a vibrant, involved community," he said of the Back Mountain. "This is not just a bedroom community. People here are very actively involved at all levels of the whole Back Mountain area and I just love that sense of community belonging. Everybody takes an ownership interest in what goes on in the Back Mountain - whether it's at the Metro or it has to do with traffic issues

or whatever it is - and that's important. People care about their community and you don't get that everywhere."

He added that's why people enjoy staying in the Back Mountain and venture out of their homes to see their friends and neighbors. Metro, he said, provides a place to do that and that's what he enjoys most about the business: "facilitating good times."

Lions club plans tailgate party

The Dallas Lions Club will hold a day of fun, food and football at its Tailgate Get Together from 11 a.m. to 5 p.m. on Saturday, Oct. 5 at the Checkerboard Pavilion, Carverton Road, Trucksville.

A picnic menu consisting of Manhattan clam chowder, fresh fruit platter, cole slaw, potato

salad, cheesesteak hoagies /peppers/onions/mushrooms, sausage/pepper/onion hoagies, marinated chicken sandwich, hamburgers, cheeseburgers, hot dogs, French fries, chips and pretzels, soda, tea, coffee, milk and beer on tap will be available. In true tailgate style, individuals may bring their own food or beverage.

Cost is \$30 per person.

There will be competition and awards for those who win the horseshoe, bean bag and a version of table tennis contests.

For additional information, contact Don Berlew at 570-675-4360 or 570-760-6147, Frank Rollman at 570-675-4485 or any Dallas Lions member.

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