

Climb

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McCarroll. She said, "I had to plan. I had to coordinate. I had to buy gear." She is now is one of the relatively small number of climbers who have achieved the goal of climbing all 58 of the highest peaks in Colorado. And McCarroll continues to make new goals. She's going to ascend Mount Kilimanjaro in Tanzania in February. At 19,000 feet, the moun-

tain will be her highest climb ever. She's going to Africa by herself but meeting up with a group from Seattle. The climb will take seven days and then she'll go on a safari. McCarroll is amazed at the change in herself. "Five years ago, I would get on a plane by myself or plan a trip," she said. "Now, here I am going to a foreign country. These trips are life changing for

me. I've become strong and independent." McCarroll is a presently an outpatient pharmacist for Denver Health but has another goal in mind. "I really want to do humanitarian work," she said. She says she still misses Myers but that she has survived his loss. "All those good things are there," she said. "It doesn't mean his spirit is gone. His spirit is with me every day."



Far left: This peak is one of two peaks known as the Maroon Bells. They are the most photographed mountains in Colorado. Located in the Maroon Bells-Snowmass Wilderness area near Aspen, Colo., the elevation is 14,156 feet. Left: The elevation of Pyramid Peak, located in the Elk Range of the Maroon Bells-Snowmass Wilderness area near Aspen, Colo., is 14,018 feet.

Submitted photos

Cheerleader

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and we have games. Now we're practicing five days a week, and some of that time is spent at Shooting Starz Gymnastics (in Wilkes-Barre)." Sorber said the girls are constantly learning new skills in preparation for the competition. For example, the team had only one member who could perform a back handspring at the beginning of the season. Three weeks later, nine more members had mastered the stunt. And the team already has an extensive repertoire under its belt. "They do a lot. They have 40 cheers that they know," said Sorber.

Alves, whose daughter, Lauren, is a team captain. "We have been selling T-shirts, umbrellas, mums and now we are going to do poinsettias." Lauren Alves, an eighth-grader at Dallas, has been cheering since she was 3 1/2 years old and even cheered on a national team when she and her family lived in California. "It's really exciting, even though I've been there before," she said. "It's still scary, but it's exciting." Eighth-grader Olivia Rinaldi, another team captain, has also been cheering since she was a toddler. The Dallas resident said the best part about cheering is being with her teammates. "I love competing and I love being with my team," she said. Sorber said cheerleading is all about teamwork. The girls need to work with and trust each other in order to function properly as a unit, she said. "During practice we have sister circles and we all talk and say what's on our minds and nothing leaves the circle," said Lauren Alves. "That's part of team bonding." Sorber, who was a

cheerleader throughout her youth, said the Dallas team has surpassed her expectations each year

she's been a coach. "They just keep getting better and better every year," she said.



Charlotte Bartizek | The Dallas Post
Team captain Lauren Alves helps Gabby Sweeney with a back flip.

Library, Leggio's team up for fundraiser

Friends of the Back Mountain Memorial Library and Leggio's Italian Restaurant, 64 E. Center Hill Road, Dallas will join together to host a fundraising event from 5 to 8 p.m. on

Wednesday, Nov. 6 at the restaurant to support the Back Mountain Memorial Library. A percentage of the total sales (bar not included) taken in during that time, includ-

ing eat-in, take out and gift certificates purchased, will be donated to the library. Look for the library display at the front of the restaurant and register to win a Leggio's Gift Card.

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