



School



Poem published

Sue Stetten, a freshman student at Bishop O'Reilly High School, Kingston, has had her poem, "Winter Night," published in "Read" magazine, a national publication for use in high schools in the areas of reading and English. The Xerox monthly exhibits the best in high school drama, poetry and prose submitted by students from across the country. The daughter of Mr. and Mrs. Robert Stetten of Dallas, Sue is pictured above with her English instructor, Mr. John A. Uter.

Sem lists honor roll

Sixty-seven Wyoming Seminary Lower School students were recently named to the school's academic high honor roll and academic honor roll for the third trimester of the 1984-85 school year.

Back Mountain residents named to the academic honor roll were: Grade 5-Corine Casterline, Dallas; Mathew Shea, Dallas; Grade 8-John Aponick, Shavertown.

Listed to the academic honor roll were Grade 5-Gregory Choi, Shavertown; Allyson Turner, Shavertown; Grade 6-Steven Chang, Dallas; Corinne Karneil, Shavertown; Brian Koo, Dallas; Heather May, Dallas; Claire Sordoni, Harveys Lake.

Grade 7-Joanna Garbush, Shavertown; Dylan Jones, Dallas; Kelly Keefer, Shavertown; Christopher Kersey, Shavertown; Lynell Krasner, Harveys Lake; Christian Olson, Shavertown.

Grade 8-Christina Caputo, Shavertown; Yoon Mi Chang, Dallas; Eric May, Dallas; Andrew Merrill, Shavertown.



Award presented

The New Community Singers have presented a music scholarship to Elizabeth Morgan and Lynn Ann Todd. Each of the recipients will receive a United States Government Savings Bond as an award for their outstanding vocal talents in the Dallas Senior High School Chorus. Both young ladies have participated in Pennsylvania State Competition and are graduates of the Dallas High School Class of 1985. Shown here are, from left, Mrs. Florence Sherwood, choral director; Lynn Ann Todd, Shavertown; Elizabeth Morgan, Dallas; Marianne William, president, New Community Singers.

Dallas Post/Ed Campbell



Students perform

The piano students of Mrs. Judy Loeffler recently performed at St. Paul's Lutheran Church in a piano recital for family and friends. Pictured in the photograph are, from left, first row, Ronnie Moses, Christian Brown, Heather Brown. Second row, Phyllis Bullock, Cheryl Leubenstein, and Bonnie Leubenstein.

Be careful while swimming this summer

A swimming pool and a gang of people contain all the ingredients for a fun time. But, says Matt Matthiesen, acting director of the state Health Department's Division of Emergency Health Services, they are also the ingredients for injury and worse.

"When the gang gets together at the swimming pool, you can bet there's going to be some roughhousing. It's part of the natural order and it's part of the danger. Running, pushing, dunking, diving. The buoyancy of the water gives the feeling of weightlessness and encourages exuberant behavior.

"There is always the temptation to push someone into the water. When that someone is not expecting it or cannot swim, it can be a frightening experience. Then there is the show-off diver. He dives into the shallow end of the pool, attempts a dive he is not experienced at, or cannonballs into a group of swimmers. These activities have the potential for serious or fatal injuries," Matthiesen said.

Matthiesen offered additional safety tips for swimmers:

"Never swim alone. No matter how good a swimmer you are, it simply is too risky, whether you're

in a wide open lake or the confines of a private swimming pool. Heart attack, cramps, striking your head on the bottom—there are too many things that can go wrong. And if no one is there to assist you...

-Take a break. This especially applies to younger children who seem to thrive on an endless supply of energy. Get them out of the water at least once every 20 or 30 minutes for a 10-15 minute break. And such a break means just that - no roughhousing, playing games or other activity.

-Keep drinking glasses and bottles

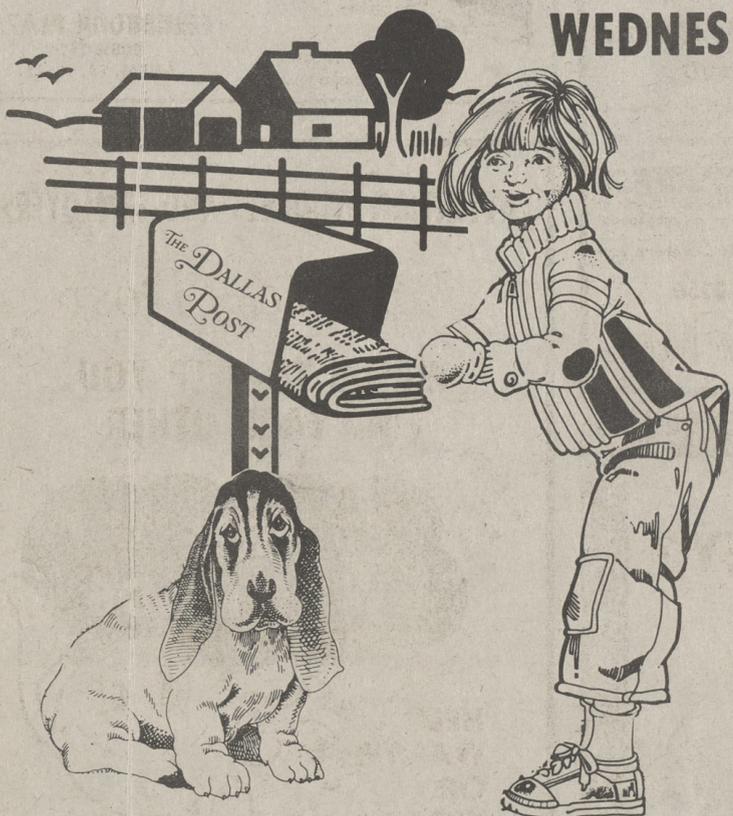
away from the pool or edge of the beach. There's nothing better than a cold drink on a hot day, but the danger of serious cuts from a broken glass must be considered. That iced tea or lemonade will taste as good in a styrofoam cup.

-Avoid running or shoving matches, especially by the pool. There's good clean fun in a little roughhousing, but the swimming pool is not the place for such activity. That area is usually slippery from the pool water and any running or shoving is an invitation to a serious fall.

-Be certain that someone has a working knowledge of artificial respiration. There is never a more helpless feeling than to be confronted with an emergency requiring artificial respiration, only to discover that no one is aware of the proper techniques involved.

-Watch that sunburn. The pool water often disguises a case of severe sunburn. The water serves to reflect sunlight which makes the possibility of sunburn even more probable. Wear a shirt or some type of covering if you plan to remain in the sun for an extended period.

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