

Dallas cowboys tie green wave squads

The Dallas Cowboys A and B teams came away from Larksville having both tied highly rated Green Wave teams. The A team staged a third quarter come back to tie the Green Waves through an awesome running and passing attack. Guided by quarterback Clark Van Orden taking the ball to the Larksville one foot line. Behind the fearsome line, Bob Barbacci plunged in for the Tee Dee. However Larksville stopped the extra point attempt that knotted the score at 6-6. Larksville's only score came on a 60 yard scamper by quarterback Tom Robins, who turned in a fine performance for the Waves. Coach Jesse praised the fine performance of his offensive linemen and the entire defensive units ability to turn back the Green Waves scoring drives.

The B team saw Larksville score early in the first quarter with the extra point being good. The cowboys stalled throughout most of the second half came alive late in the fourth quarter via the air waves three consecutive passes from quarterback Hugo Selenski to Jeremiah Van Orden and Fred Rosenkrans brought the ball to the Larksville 11 yard line with time running out Selenski found Van Orden in the open and connected for the 11 yard touchdown. The extra point attempt was good coming via a flat pass from Selenski to Van Orden. The Cowboys threatened again as the clock ran down that failed to put a successful scoring drive together.

Keg fumble recoverys by Bob Jesse, Michael Geurin and Chris Morris aided the Cowboys in keeping the Green Waves in check. The interior line while fighting hard to open holes did a good job for running backs. The defensive unit time and time again stopped the Waves deep in Cowboy territory. Final score Cowboys 8 and Larksville 8.



Winning cheers

Members of the Wyoming Valley West Varsity cheerleading squad attended the Universal Cheerleading Association camp at Pennsylvania State University July 16-19, where they earned three blue ribbons, a gold superior ribbon for qualifying for the finals of the U.C.A. cheerleading competition, and four spirit

sticks indicative of overall cheerleading competence. Squad members are Darlene Dempsey, Kathy Ontko, Kelly Adams, Tara Purta, Ellen Flannery, Kim Reese, Alyssa Klucitas, Linda Chabala, Mary Kay Songalia, Stacey Rifkin. Audrey Landau is absent.

Wearing sunglasses saves sight

Sunglasses, one of summer's most popular accessories, provide fashion and comfort from the sun's luminous rays, but to be truly effective, you should buy lenses that protect your eyes from damaging ultraviolet light, say ophthalmologists.

"Ultraviolet light is invisible to us and causes sunburn not only to the skin, but to the cornea, the front of the eye," says ophthalmologist David A. Newsome, MD, Director of the Wynn Center for Retinal Degeneration, Johns Hopkins Hospital, Baltimore. "When selecting sunglasses, keep in mind that you want to turn down the sun's brightness and block out all blue ultraviolet light," says Newsome.

Ophthalmologists agree that continuous prolonged exposure to the sun can lead to early vision damage. "Some people may be more susceptible to UV light than others and should take extra precaution when out in the sun for long periods of time, such as visiting the beach, skiing at a high altitude, or working outdoors," says Newsome. The prolonged exposure may cause early development of cataracts.

If over exposure occurs, and the pain is severe, you should see an ophthalmologist for medical care. If the pain is less significant, taking a milk-pain pill and keeping the eyes closed will help.

Self-applied, topical anesthetic should never be used. While it might temporarily relieve pain, it could cause permanent corneal damage.

The following DOs and DON'Ts are recommended by Newsome when shopping for sunglasses:

DO:

- Do turn down the volume of the sun, with amber, yellow or gray (smoke), colored lenses.
- Do consider mirrored sunglasses which decrease glare and substantially reduce UV rays.
- Do look for manufacturer's tag telling you that the sunglasses provide UV protection.
- Do consider buying plastic lenses, which are three times more effective at filtering out harmful rays than glass lenses.

DON'T:

- Despite fashion appeal, tints like pink, rose, blue or violet are unsuitable because they interfere with color perception and let UV rays shine through.
- Don't assume that expensive sunglasses will provide the most protection from UV light.

The American Academy of Ophthalmology has more than 13,000 member physicians who specialize in total eye care. Ophthalmologists diagnose and treat eye disease medically and surgically, provide medical eye examinations and prescribe contact lenses and glasses.

Dallas distance runners clobber Seton

By CHARLOT M. DENMON
Post correspondent

Dallas Coach Don Hosey's distance runners took both the boys and girls meets last Monday against Seton Catholic over the Dallas course.

The boys won 22-33 with Mark Wright taking first in 18:40 and C. Leaf coming in second in 20:32. The Eagles Sean Kelly came in third in 20:33. J. Finn finished fourth for Dallas in 20:41 and Sean Kelly's brother came in fifth in 20:58. Dallas' T. Boos took sixth in 21:00 and Groblewski gave Seton Catholic seventh place with a time of 22:11. The Eagles Pritchick came in eighth in 24:30 and Dallas' J. Boos

finished ninth in 25:13. Seton took 10th spot when Wadas finished in 26:11.

In the girls meet, the Lady Mountaineers won 17-38 with Erin Friar, Kim Culp and Kathy Lasecky taking the three top spots for Dallas.

Friar finished in 28:38, culp in 28:58; and Lasecky in 30:50. Fath took fourth for the Eagles in 32:04 and C. Bolinski came in fifth for Dallas with a time of 32:19. Dallas K. Karzu finished sixth in 32:43. Seventh place was copped by Seton's Nihalick in 32:53, eighth by her teammate Marco in the same time. Seton Catholic runners also took ninth and 10th with Gorazko finishing in 33:43 and Magna in 36:25.

Lake-Lehman Knights journeyed to Pittston where they went down 21-36 to the Patriots whose Tom Oliver setting a new course record of 14:55 to come in first. Oliver broke the record previously held by Coughlin's Chris DeCinti. Patriots also took second and fourth places with Bartoli taking second in 16:10 and Herbert finishing fourth in 16:20.

Lake-Lehman's Henninger came in third with a time of 16:13 and Radomski took fifth in 16:27. Lake-Lehman's Powell finished seventh in 16:42 and Castellani took 10th for the Knights in 17:28.

The Patriots Kravitz took sixth in 16:34; their Pisano eighth in 16:52 and Gladish ninth in 17:19.

In last Thursday's meet at the

Black Knights 2.9 mile course, the runners edged out the Tunkhannock Tigers 27-30 with Knight Dana Henninger coming in second just six seconds behind Bryan Thomas of Tunkhannock who copped first place with a time of 16:39.

Tiger Bill Cresko came in third in 16:52 and Knight B. Radomski placed fourth in 17:00 even. Adamo took fifth for the Tigers in 17:07.

The Knights guaranteed their win when they took the next four out of five places with Powell finishing in 17:35; Castellani, seventh in 17:47; Weaver, eighth in 17:50 and Smith, ninth in 18:06. Tunkhannock's McClary came in 10th for the Tigers with a time of 18:17.

Cooking contest calls for tasty but healthy dishes

"Nutritious Dishes are Delicious" is the theme of a recipe contest sponsored by local Diet Centers, IGA Markets, WNEP-TV, and the Pennsylvania Gas and Water Company (PG&W) to benefit Geisinger's Children's Miracle Network Television.

There are four entry categories: Appetizers and Snacks; Vegetables & Salads; Main Dishes and Desserts. There is a \$5 entry fee for each recipe and individuals may enter as many categories, as many times, as they wish.

The overall judging will be done on the basis of the recipe's low content of fat, sugar, sodium and calories, as well as its high fiber content.

Entry forms are available at IGA Markets, Diet Centers (Kingston,

Pittston, Eynon, Scranton and Clarks Summit), WNEP, and PG&W. All entries must be post-marked no later than Oct. 15. The final judging will be held at the Wilkes-Barre PG&W Office on North Main Street on Saturday, Nov. 9.

The prizes for the "Nutritious Dishes are Delicious" Recipe Contest are being donated by IGA Markets and will be distributed as follows: one First Place Winner will be selected from each of the four categories, and they will receive \$125 in groceries from any nearby IGA Market; from the four category winners, one overall Grand Prize Winner will be selected and this person will receive an additional \$475 in groceries from any nearby IGA Market.



Cooking chatter

Discussing a cooking contest in the kitchen of the Wilkes-Barre PG&W Office are, from the left: Ruth Marmo, PG&W; Cheryl Gross, Diet Center; and Miss Judy, WNEP-TV, Honorary Chairman of the event.

38 kids caught 348 'big ones' at tourney

By CHARLOT M. DENMON
Post correspondent

Joseph Drust, member of the Harveys Lake Bassmasters, reported that 59 boys and girls participated in the 5th Annual Bassmasters Children's Fish Tournament held recently at Harveys Lake.

A total of 38 children, ages 15 and under caught 348 fish of various kinds totaling 117 lbs. 8 oz. There were 284 blue gills, 26 pickerel, 14 rock bass, 10 catfish, seven bass, six trout, and one perch weighed in by members of the club.

Winners in the 10 and under division were Becki Roan, first, 8 lbs. 9 oz.; Samantha Abod, second, 7 lbs. 3 oz.; Carey Kirkella, third, 6 lbs. 10 oz.; Jason Boice, fourth, 4 lbs. 5 oz.; and Jerry Altavilla, fifth, 4 lbs. 5 oz.

Winners in the 11 to 15 age group were Darlene Demko, first, 15 lbs. 1 oz.; Chris Collier, second, 10 lbs. 1 oz.; Michelle Gazey, third, 8 lbs. 8 oz.; David Potichko, fourth 7 lbs. 13 oz.; and Brian Thomas, fifth, sixth, 6 lbs. 7 oz.

In the same age group Michelle Gazey caught the largest fish, a lunker bass weighing 1 lb. 10 oz. Darlene Demko caught the most fish, 64 in the 11 to 15 age group and David Potichko caught the longest

fish, a 21 inch pickerel. Darlene Demko caught the smallest fish in her age group, a 3 3/4 inch blue gill. Chris Coolick won the award for the most kinds, five varieties.

In the 10 and under age group,

Becki Roan caught the most fish with a total of 44. Jerry Altavilla caught the longestfish, a 19 inch pickerel and Nancy Smetana caught the smallest fish, a four-inch blue gill. Samantha Abod caught five

different kinds of fish to win the award for the most varieties.

Boscov's, K-mart, Bait Box, Dairing's Market, Big Top Rentals, Roan Beverages, Kern Beverages, and Grotto Pizza donated prizes.

Smoker's tax per pack may rise

The Northeast Pennsylvania Chapter of the American Heart Association today called on Pennsylvania's United States senators to prevent the 16 cent per pack federal cigarette tax from falling on Oct. 1 and asked the senators to help increase the tax to 32 cents per pack.

"The cigarette tax helps discourage people, especially teen-agers, from taking up smoking," said Joan Noto Carro, R.N., Executive Vice President of the Heart Association's Northeast Pennsylvania Chapter.

"The federal cigarette excise tax was raised from eight cents to 16 cents in 1982, but it will fall to eight cents pack on Oct. 1, unless Congress acts to stop it. A lower tax would allow cigarette companies to lower prices, making it easier for

teenagers to afford cigarettes." Carro noted that cigarette companies will also be able to increase their profits at the expense of the federal government if the tax is lowered.

"The federal government receives almost \$5 billion annually from the tax now," she said. "If we allow the tax to be cut in half, the U.S. government will simply be giving up half of that \$5 billion to cigarette companies instead of using it to reduce the federal deficit or to help pay for Medicare and other health programs."

In late July, the House Ways and Means Committee passed a budget reconciliation bill that would allow the extension of the 16 cents per pack tax. The Senate is expected to consider the bill later this month,

when its Finance Committee and then the full Senate adopt a budget reconciliation package.

"We are therefore calling on Senator John Heinz and Senator Arlen Specter to prevent the tax from dropping and to support an increase in the tax to 32 cents a pack," Carro said. "Thirty-two cents is the level the tax would be if it had been adjusted for inflation since it was increased in 1951.

Congress planned in 1982 to allow the tax to fall because it expected the federal budget deficit to be reduced \$66 billion by this year. However, the Office of Management and Budget predicted in early August that the U.S. will have deficits of \$200 billion in 1985 and 1986.

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