

Wrestling program teaches youngsters

By CHARLOT M. DENMON
Staff Correspondent

"Shoot," "takedown", "reverse", "go for it", are words heard often in the Lake-Lehman School District recently, especially among elementary students. They are "words" the students are learning in the PTA elementary wrestling program.

Approximately 60 students from all sections of the district are participating in the Lake-Lehman PTA Sponsored Elementary Wrestling Program. All of these boys are students in grades three, four, five or six, eligible to take part in the program held every Saturday morning at the senior high school, or if in fifth or sixth grade in the Lehman-Jackson building, they have the opportunity to wrestle during the afternoon recess at least one, and possibly two days per week.

The program is not new to the Lake-Lehman District. It was first started by former coach "Shorty" Hitchcock, when he was at Lake-Lehman, according to Gary Norconk, one of the program instructors.

This year, however, there appears to be more enthusiasm among the would-be grapplers and about 30 boys show up every Saturday morning, and another 30 are coming out at the Lehman-Jackson Building.

The program, sponsored by the Lake-Lehman PTA, began Saturday, Jan. 11, and will continue every Saturday until the middle of March. The participants report to the senior high school wrestling room at 10 a.m. and participate until noon.

Unlike the Back Mountain Elementary Wrestling Club, the Lake-Lehman program is not a competitive organization.

It is a non-competitive, instructional but fun, exercise program designed to give the boys the "feel" of wrestling. Rusty Coolbaugh, former Lake-Lehman wrestler; Vito Pilosi, former



Dallas Post/Charlot M. Denmon

Practicing takedowns

Kenny Tereska and John Radoski practice takedowns during Saturday morning's Lake-Lehman elementary wrestling program in the senior high wrestling room.

wrestler; and Gary Norconk, are conducting the program.

"The aim of our program is to

give the boys an opportunity to take part in activities which are healthful and conditioning, as

well as have fun and achieve success," said Norconk. "We teach basic wrestling instruction, do tumbling, gymnastics and play games for about an hour and a half," said Norconk. "We usually spend the last half hour doing basic wrestling moves."

At the end of the program, the directors will have an in-house tournament, according to Norconk. They will pair the boys according to weight and winners of each bout will receive ribbons.

Some of the boys in the program are returnees from last year. They have had fun in the past and are back to learn more this year.

The goal of the program is to expose the elementary students to the sport of wrestling and get them excited about taking part in the high school program.

The ultimate goal is that a program such as the one sponsored by the PTA will allow the boys to realize that wrestling can be fun, and, in the future, help improve the success of the Black Knights varsity wrestling programs in the years ahead.

The program held during recess at the Lehman-Jackson Elementary School is conducted for the same reason. The program has the same type format but since it deals with only fifth and sixth grade students, the exercises and instruction is more advanced. That it is popular is evidenced by the fact that about 30 of the district's 60 participants come out for the program at the Lehman-Jackson building.

Under the guidance of Varsity Coach Ed Ladamus, assistant coaches Dwight Barbacci, Thomas Williams, Gary Norconk, Vito Pilosi or Rusty Coolbaugh, it is hoped the program will gain in popularity each season.

Any fathers interested in helping out with the program are welcome. Additional information concerning the program may be obtained by calling one of the coaches listed above.

With Jean Hillard

Back Mountain on the move

GEORGE (DODIE) BITTEN-BENDER, stricken with a heart attack and gone to be with his Lord, at the age of 60. Dodie, as most of his friends called him, shocked the entire Back Mountain with his sudden death.

To know him meant you were his friend, a quiet spoken man, he lived a life that told it all. He was a truck driver, his truck told many stories, it wore a large happy face, it read on it "You must be born again."

Dodie never preached or pushed church on anyone but he was a living example of what a Christian should be. Always kind, always sympathetic to the cause, always friendly and he knew not what an enemy was. I had five phone calls by 11 a.m. to tell me Dodie Bittenbender was having a heart attack, I knew already that he was gone, he touched so many.

Marti Brown, owner of Brown's Oil in Tunkhannock stopped by my counter to tell me Wednesday how shocked she was, he was a customer of theirs and Marti had some antique dealings with the Bittenbenders. Customers at Stapinski's just say in passing "Jean, did you know Dodie Bittenbender?" it just hit so many people.

To his wife, Lucille and their children, Drew, Chris, Jan, Steve and Brett and their families we extend our deepest sympathy. To lose him as a friend is such a hurt, to have had his love as a husband and a father is more than I can even imagine. A great man, a great loss.

The Bittenbenders are involved each year with the Antique Committee of the Back Mountain Memorial Library Auction as well as with Back Mountain Churches. Their name is recognized by many and thus associated with various involvements.

SPEAKING OF THE BACK MOUNTAIN LIBRARY AUCTION, this year's chairman will be Dr. Shaskas a local veterinarian from Dallas, who has worked diligently in various areas of the auction the past couple years. It seems, Dr. Shaskas had the pleasure of vacationing in Disneyworld, Florida recently.

"It's a small world after all" is not only one of the nicest sights to go through at Disneyworld, but it also proved true to Dr. Shaskas. It seems he was visiting a local night spot in Florida on New Year's Eve and lo and behold who did he run into but Kerry Freeman, also a Back Mountain resident and also a

faithful volunteer of the Back Mt. Library Auction and board member. Not only did someone see him in Florida but how on earth did I ever find out to put it in my column? I'll never tell, all I'll say is the "Back Mountain is on the move."

I'M REALLY OVERWHELMED at the number of people who have read my column in The Dallas Post these first two weeks. Your phone calls, your visits at the cosmetic counter at Stapinski's with your comments, and your nice words of missing my column these past eight months are really encouraging. I will do my best to keep you informed and I must share "two" comments with you.

One very nice man stopped to say "I don't use what you see in this department, but I want to say 'hi.'" A lady said "It's like having a member of our family back." I feel the same, there is a void in one's life when you're not in touch with people, I feel that we are in touch again and it's good, thanks!

BECKY KLEIN, daughter of Chiropractors Al and Bobbi Klein, Memorial Hwy., Dallas, celebrated her 8th birthday on January 9. Becky has a little brother, Daniel. I know you had a happy birthday Becky.

IT WAS A HAPPY DAY for Dr. George and Mrs. Nahas on January 3 when they welcomed their first child into their home. Herbert George Nahas II is the luck boy.

The Nahas' reside in Wilkes-Barre but Dr. Nahas has an orthodontist practice at Back Mountain Shopping Center and most of those "Brace your face" smiles are the work of this good orthodontist.

Mrs. Nahas is the former Virginia Jones, daughter of Mr. and Mrs. Hugh Jones of Edwardsville. Dr. Nahas is the son of Rev. and Mrs. Herbert G. Nahas, Wilkes-Barre. This is the third grandchild for both families.

GET WELL WISHES go to Mr. Willard of Falls who is a surgical patient in Wilkes-Barre General Hospital. We wish him a speedy recovery.

IT WAS GOOD TO HEAR Mrs. Bessie Love of Midway Manor, Shavertown, is back on her feet again. Mrs. Love spent the holiday in bed but is doing very well after a bout with phlebitis.

ALSO UNDERGOING MORE TESTS in Philadelphia is Debbie Soraka, daughter of Joe and Ellen Soraka, Trucksville. Debbie has had a rough two years with her health.

Rep. Coslett reminds taxpayers of state's reductions

Rep. Frank Coslett reminded area taxpayers that the state's personal income tax has been reduced effective January 1.

At that time, the tax rate dropped

from 2.35 to 2.2 percent. The tax cut was included in the state's 1985-86 budget package enacted in June.

The reduction makes Pennsylvania's flat rate income tax the

lowest among the 43 states with such a levy. The tax cut is expected

to return approximately \$160 million to taxpayers' pockets.

Coslett said that preliminary budget discussions indicate that a further reduction in tax rates may be enacted as part of the 1986-87 budget package.

Marilyn Ward named to 'Who's Who'

Marilyn Lee Ward, daughter of Mr. and Mrs. William M. Ward, Dallas, has been awarded recognition by Who's Who Among American High School Students for the 1984-1985 school year. Who's Who is the largest, most respected publication in the nation recognizing only 5 percent of all Junior and Senior

Class students each year for demonstrating leadership in academics and school activities.

Marilyn, a senior at Dallas Senior High School, has been on Student Council and the yearbook staff. She is currently involved with the National Honor Society, Senior Steering Committee, school drama

productions, and is chairman of the Chorus planning committee. For the past three years at Dallas she has been a strutter in the marching band and served as co-captain of the squad this year.

Marilyn plans to attend Indiana University of Pennsylvania in the fall to study mathematics-computer science.



MARILYN LEE WARD

AUTO

FORD '76 MAVERICK, Inspected and ready for winter. \$300. Call 823-8398. 51-4-P

'68 CHARGER, for parts, needs new engine, body fair cond., new exhaust, Crager mags, new tires, \$300. 283-2866 or 287-3847 after 7 p.m. 51-4-P

Monte Carlo SS

1984, white, AM-FM cassette, auto., 31,000 miles, exc. cond. \$8,500. 675-6360. 51-4-P

84 Camaro Z28

All black with gray cloth interior. All options included. 287-1747 between 9 a.m. & 3:30 p.m. Mon.-Fri. 52-4-P

'82 Honda

Honda Accord LX, new tires, muffler, exc. cond. Asking \$5,000. 287-1747 between 9 a.m. & 3:30 p.m., Mon.-Fri. 52-4-P

'77 CHRYSLER NEWPORT, auto., 2 dr., all power, new vinyl roof, paint & tires. Reasonable. 696-1724. 52-4-GR

'84 CHEVY CHEVETTE, 4 dr. hatchback, diesel engine with 5 speed trans., low mileage, AM-FM stereo, air., exc. cond. Averages 41 mpg., rear defrost, pin stripe, w-w steel belted all season tires. \$4100. Call 825-3435, ask for Steve. 52-4-GR

81 CHEVY CITATION, V-6, 4 speed, air, p.s., p.b., 2 tone paint, low mileage, showroom cond. \$3000. Call 735-6345 after 5 p.m. 52-4-GR

'85 TOYOTA COROLLA GTS, Red, AM-FM cassette player, air cond., sunroof, p.s., p.b., tilt steering, 10,500 mi. Asking \$10,500 or best offer. Call 655-1703. 52-4-GR

'73 OPEL MANTA 1900, runs well, Many new parts. AM-FM cassette with booster. \$400. Call 287-6931. 52-4-GR

'76 PONTIAC TRANS AM, p.s., p.b., auto., 455 completely worked, to much to list. 20,000 miles on drivetrain. Hurst dual gate, appliance rims, 8.F. Goodrich tires, \$2400 or will consider trade. Call after 3 p.m. 823-5976. 2-4-GR

'83 SUBARU GL, Auto, trans, 2 door hatchback, AM-FM cassette, mint cond., low mileage. \$5200. Call 696-1045 or 826-1129. 52-4-GR

'84 HONDA CRX, 5 speed, garage kept, below average miles, never driven in winter, exc. cond. \$6500 neg. Call 696-3478 or 654-2557. 52-4-GR

'76 BUICK LESABRE, 350 8 cyl., a.c., p.s., p.b., exc. running cond., 68,000 miles, \$400. Call 287-5732. 1-4-GR

'70 PONTIAC BONNEVILLE, p.s., p.b., air, AM-FM, body in good cond. interior exc. \$500. Call 675-5618 evenings. 1-4-GR

'75 AMC HORNET, new brakes, battery & tires, 4 dr., \$400. Call 779-1920. 1-4-GR

'76 PONTIAC SUNBIRD SPORT, 5 spd. AM-FM, air cond. rear window defogger, sun roof, tinted glass, runs well \$600. Call 735-8991. 1-4-GR

'68 DODGE MONACO, 383 cub. in engine. Auto, p.s., p.b., 4 dr., good body and good interior. Many new parts. \$650. Call 675-2021. 1-4-GR

1983 TRANS AM, V-8, auto., 25th anniversary Daytona 500 edition. All options \$10,800. Call 655-9852. 654-4972 after 5 p.m. 2-4-P

1978 FIAT, 4 dr., 4 spd., AM-FM stereo-equalizer \$750. 675-3912. 2-1-P

'84 CHEVROLET CELEBRITY, Front wheel drive, p.s., p.b., p.w., tilt-steering wheel, cruise cont. AM-FM stereo, rear window defogger, all season radials and rally wheels. \$33,000 mi. \$6800. 823-1153. 2-4-GR

'85 DODGE DAYTONA COUPE, 5 spd., 5.37 miles, showroom cond., p.s., p.b., cruise control, air, AM-FM stereo, intermittent wipers, front cover heater, remote windows, dr. and pass out side windows, Eagle GT tires, rear defog, sunroof, burglar alarm, air horns, lifetime rust proof, 5 yr., 50,000 mi. warranty. Bought new in May, cost \$12,000. First \$8,700 takes it. Must sell. Call 675-2744. 675-1941. 824-0217. 52-4-GR

AUTO

'79 CHEVY CORVETTE, Loaded, power everything, brand new Eagle GT tires, new gas shocks, 45,000 miles. Always kept in heated garage, not driven in winter. Rear spoiler, cruise control, AM-FM cassette. Exc. cond. Asking \$10,900. Call days 675-5236 or evenings 675-4832. 52-4-GR

'82 VW SCIROCCO, AM-FM cassette, r. defrost, 5 spd., FWD. Moving, must sell. Exc. cond. \$4500. Call 654-6580. 1-4-GR

'80 CHRYSLER LEBARON, gold, p.s., p.b., loaded, new better adn tune up, good tires, 46,000 miles. No rust, \$2500 or best offer. Call 654-9555. 1-4-GR

'83 SUBARU BRAT GL, T-roof, gauge package, AM-FM cassette with equalizer booster, 4WD, auto, roll bar with (4) KC lights, step bumper, front and guard with winch, rear tarp cover, tinted glass, plush seats (1/2) new snow tires & set of (4) summertires, 43,000 mi. Still under warranty. \$7,000 or best offer. Must sell. 822-2352. 1-4-GR

'85 HONDA ACCORD, 4 dr., 5 spd., a.c., cruise, AM-FM stereo cassette with equalizer. Rust proofed. Still under warranty. \$9,500. Call 288-6223 after 4 p.m. or anytime on weekends. 1-4-GR

'78 MAZDA GLC runs good, needs body work \$800. neg. 696-3412. 1-4-GR

'83 AUDI, 5000, Turbo Diesel, loaded, \$11,500. Call 9 to 5, 696-3801 after 5, 696-1419. 1-4-GR

'76 CHEVY IMPALA STATION WAGON, mechanics special as is. Asking \$450. Call 287-6566 after 5 p.m. 2-4-GR

MY CAR AD RAN 4 months in another paper, had no results. Ran 1 time in Dallas Post and it was sold. B.T. of Dallas. 2-1-P

'76 MERCEDES BENZ, 280S, perfect cond. Loaded. Asking \$11,500. Call 693-1073 ask for Jeff. 2-4-GR

'82 CHEVY CAMARO Z-28, gold, loaded with options. \$8500 or best offer. Call 639-5039. 52-4-GR

TRUCKS

1984 DODGE OMNI, 4 dr., 4 cyl., auto, p.b., p.s., air, hatchback, good running cond. 28,000 miles. Asking \$5500. Price neg. Call 824-3752 after 4 p.m. 1-4-GR

1980 MAZDA 626, 4 dr. 5 spd., air cond. rear window defogger. AM-FM, silver with black interior \$3800. 824-4560. 1-4-GR

'78 CHRYSLER LEBARON, air, p.s., p.b., AM-FM radio, 68,000 miles. \$1995. Call 474-5202. 2-4-GR

'81 PONTIAC LEMANS STATION WAGON, V-6, auto., low mileage, \$4295 neg. 829-5278 or 822-3426. 2-4-GR

1980 MAZDA GLC, low mileage, auto, new radials, rear defrost, great gas mileage. AM-FM stereo, new tune up \$2700. Call 735-6841. 2-4-GR

'76 DODGE CORONET, Beautiful 4 door sedan, 318 V8, auto., air, stereo, runs perfect. Mint cond. \$1300. W. Raven. 824-4358. 52-4-GR

TRUCKS

1985 DODGE RAM D50 ROYAL truck, 4 cyl., 5 spd., 17,000 miles \$5400. 287-3082. 51-4-P

1979 DODGE POWER WAGON, Sno-Fiter package, auto., 4 wheel drive, p.s., p.b., Meeyrs Power Angle Snow Plow. 25,000 miles, runs good. \$4,500. Call 287-6147.

VW '77 VAN, Good cond. Runs exc. 25 MPG. (4) new tires, \$1500, negotiable. Call 826-0915. 52-4-GR

'73 CHEVY BLAZER, 4 W.D lockout hubs, 4 speed, p.s., p.b., AM-FM cassette, new shocks & exhaust system, new doors & fenders, body completely redone, new paint black & silver. Ziebarted, 62,500 orig. mi. Mechanically & body exc. \$3,000. Call 654-3067. 52-4-GR

1980 CHEVY BLAZER silver-verado package, loaded with lockout hubs. Very good cond. in and out \$6,750. 287-0297 evenings. 52-4-GR

JEEP '80 WAGONEER, 32,000 mi., good cond. \$6,500. Call 868-5096. 1-4-GR

TRUCKS

'86 CHEVY CONVERSION VAN, air, cruise, tilt, FM cassette, CB, power window, locks, TV, ice box, captains chairs, sofa-bed, 24 mo., 24,000 mi. GM warranty, 305 V-8, white, blue stripes \$16,500. Call 824-7686 or 639-2873. 2-4-GR

'74 CHEVY VAN, former ambulance, V-8, 350, air, extra tires, p.s., p.b., tilt wheel, sink, rear heater, 38,000 mi. Selling as is \$1800 or best offer. Can be seen at Wyoming Hose Co. No. 1, 33 E. 8th St., Wyoming or call 693-4637. 1-4-GR

'75 CHEVY 3/4 ton pickup. Heavy duty springs, high-side boxes & racks. \$2500. Call 829-5019 or 825-3910. 2-4-P

'84 DATSUN NISSAN longbed pickup, 20,000 miles, 5 speed, p.s., p.b., garage kept. \$5095 neg. Show room cond. Call 822-4580 after 5 p.m. 2-4-GR

1 TON 1962 INTERNATIONAL with dual wheels 4 spd., heavy duty suspension, set up for welder, flatbed, has vise, toolbox, etc. Asking \$400. 675-1562. 52-4-P

'71 JEEP Renegade II, V-6, 3 speed, Redone over, new tires and rims, \$3500. Very good cond. Ask for Bob 287-5391. 2-4-GR

'77 PLYMOUTH VOYAGER VAN, a.c., p.s., p.b., newly painted, needs engine work. \$2400 neg. 696-3412. 1-4-GR

THE WORLD OF

ERTLEY

Our Golden Anniversary

CHILDREN'S ART CONTEST

1986 Is the 50th Anniversary of the Founding of the Ertley Dealerships. As Part of Our Celebration, We are Sponsoring an ART CONTEST for Children. The Theme of the Contest is:

"THE WORLD OF ERTLEY IN 2036"

(What will the Ertley Dealerships look like on our 100th Anniversary)

AGE GROUPINGS & JUDGING:

5 and under to 8 years; 9 to 11 years; 12 to 15 years; 15 and over.
The panel of judges will be selected by the Wilkes-Barre Art League.

ART DISPLAY:

Entries will be displayed at the Kingston Army in conjunction with the World of Ertley Auto Spectacular, February 5-10, 1986. Judging will take place on February 6, 1986 at 7:00 P.M. with prizes awarded at 8:00 P.M. following the judging.

PRIZES

Prizes will be as follows: First, Second and Third Place Awards in each age category and Honorable Mention Blue Ribbons. First place is a \$100.00 Savings Bond, Second Place is a \$75.00 Savings Bond and Third Place is a \$50.00 Savings Bond.

CONTEST RULES:

- All entries must be on 9"x12" standard size construction paper
- Medium is optional, crayons, watercolors, pastels, etc.
- All entries must be a picture of "The World of Ertley" 50 years from 1986.
- All entries must have Name, Address and Telephone Number on the back to be accepted
- Deadline for entries is January 30, 1986 at 9:00 P.M.
- All entries must be removed on or before February 11, 1986.

Entries can be mailed to the World of Ertley, Attn. Art Contest, Box 1152, Kingston, Pa. 18704 or they may be dropped off at 310 Market Street, Kingston, Pa.

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OLDSMOBILE — CADILLAC — TOYOTA — YUGO — MERCEDES-BENZ — VOLVO — HONDA — USED CARS

Farm course at PSU

John E. Brockett, Assistant Professor of Agricultural Economics Extension, at Penn State, has developed a Correspondence Course to help you make some decisions about farming. The course discusses the pros and cons of part-time farming for individual farm families, land, labor, management, capital, and market requirements; and the advantages and disadvantages of 18 livestock and 18 crop enterprises.

You can get your personal copy of the course by sending \$9.25, including handling, to PART-TIME FARMING, Dept. 5000, University, PA 16802. Make check payable to Penn State.