

Hockey coaches think teams looking good

By CHARLOT M. DENMON
For The Dallas Post

Dallas Senior High Hockey Coach Robyn Jones and Lake-Lehman Senior High Head Hockey Coach Jean Lipski are pleased with the performance of their teams during the current practice sessions as the girls vie for positions on the varsity teams. Both coaches believe their teams have the ability to finish the season among the leaders.

Dallas Coach Jones, who has 32 girls out for the senior high, lost six girls through graduation, five of them starters. Kim Rinehimer, Linda King, Cheryl Harding, Karen Wall and Diane Chismer, were the five girls, who started on the 1985 team, who finished with an 11-2 record and after taking districts lost to a strong Lackawanna Trail team.

The Lady Mountaineers, according to Jones, have a very strong forward line this year, and it will be difficult to defend the forwards. Jones has four forwards so skillful, the ball can come from all over the field into the cage. She believes much of the Mountaineers success this season will depend on their balanced forward attack. The team also has exception speed this season.

The Dallas hockey team will be using an entirely new system. Because of the girls speed, Jones and her assistants decided to change the system.

"Our big loss this season was Karen Wall, our goal tender but Eileen Walsh has been doing an excellent job of taking over during our practice," said Jones.

At forward positions Jones plans to start Leigh Pawling, Maureen Wisnieski, Lindsey Krivenko, and

Lori Warneka. In the backfield, it probably will be Lori Ogurkis, Renee Balberchak, Heidi Scholz and competing for midfield positions are Joyce Tinner, Shaunna Griffen, Tracy Hunter, Renee Strauser and Vicki Yencha. Two freshmen have moved up to the varsity squad this season, Strauser and Kim Bernhardt.

Jones has high hopes for the team. She has a strong bench and someone to put in if a player gets injured or is ill. This year's team appear to have a close camaraderie, perhaps because they have been together through junior and senior high. They're also hungry to do better than last year's team.

They are like a family," said Coach Jones. "They play hard but they are friends, they are unified on and off the field. The transition to a new system has been difficult both mentally and physically. My Assistant Coach Maryann Mihalik and I are very pleased with this group. These girls are in the upper third of their class and a fine group of young ladies. It is a pleasure to coach them."

Dallas opens Sept. 10 with GAR at home. The teams who, on paper, are tough include Crestwood, Wyoming Seminary, Tunkhannock and Abington Heights, according to Jones. "And Lake-Lehman," she added, "When Dallas and Lake-Lehman play, anything can happen. Throw away the record books and the predictions. Players on both teams, who are friends off the field, become fierce competitors in the game. The game is a league in itself."

Similar to the Mountaineers, Knights Coach Jean Lipski has 32 girls out for the varsity team this season. She has 14 seniors out for

the team, six of them returning lettermen from last year--Janene Kasarda, Dawn Smith, Kyra Koflanovich, Noel Kuznicki, Susie Slocum and Sue DeGennaro. The other seniors are Kim Kozloski, Mollie Boyle, Lori Pantle, Carolyn James, Wendy Bebey, Julie Smith and Pam Coolbaugh. Pantle was the 12th first line starter for the team last season and saw a lot of action. The remaining 18 players include juniors and sophomores, who will give Lipski strong depth on the bench.

"We have a lot of exceptionally strong players, if they continue to develop their team work. All of these girls have had a lot of playing time but they need the experience in playing together. They are good, coachable players," said Coach Lipski. "They have a lot of enthusiasm and the desire to do well."

Coach Lipski said there are always strong teams in the Wyoming Valley Conference and it is difficult to predict who will finish at the top.

"We have some excellent athletes, girls who play in several sports and are well conditioned. On paper we look good and should do well but the important thing is how they perform under pressure on the field."

She doesn't over-estimate any team but will take one game at a time and not look ahead. She is practicing two systems of play for this season, each one probably more effective than the other with certain teams.

As they are every season, Lipski says Meyers is well coached and has a lot of returnees; Dallas is strong and also well coached; Crestwood always has great potential with the coach they have; Wyoming Seminary is always a strong team and Wyoming Valley West with

Marge Kelly as their coach, should be tough.

Lipski spoke highly of her assistant coach Lynn Coury. "She is always terrific with the girls and good for the team morale. She has a lot of hockey experience and is very astute. With her as my assistant, it is like having two head coaches. In

my junior high coach, Jean Zaleskas, I have a coach who played a lot of hockey under Jane Morris and was an excellent line player. She will teach the younger players the basics and play procedure, also instill in them love of the game so when they get to senior high they will want to play."

Coach Lipski is looking for a well-

balanced team this year. She has a lot of potential scorers and has three defensive players returning having lost only Cindy Slocum and Colleen Corbett through graduation.

The Knights open Sept. 10 with Wyoming Seminary. Their second game is with Dallas, so the Knights have two tough matches at the top of the season.



Rarin' to go

Lake-Lehman Lady Knights have been practicing daily in preparation for the opening of the field hockey season, Sept. 10, when they play Wyoming Seminary. They are, first row, from left: Susie Stash, Mollie Boyle, Noel Kuznicki, Susie Slocum, Lori Pantle, Susan DeGennaro, Kim Kozloski, Kyra Koflanovich, Wendy Bebey; second row, Jane Kubacki, Pam Coolbaugh, Holly Cross, Kelly Solinski, Angie Bonomo, Joanne Boyle, Carolyn Yatsko, Cheri Zosh; third row, Head Coach Jean Lipski, Wendy Josh, Frog James, Kim Saneholz, Julie Smith, Karen White, Megan Williams, Casey Cummings, Laura Napieralski and Erica Kuznicki. (Charlot Denmon Photo)

PA dairymen establish trophy for Penn State-Temple football game

Pennsylvania dairymen have added something new to the usual hoopla for the Penn State-Temple football game Sept. 6.

To highlight the intrastate rivalry, the board of the Pennsylvania Dairy Promotion Program has dubbed the game the "Pennsylvania Dairy Gridiron Classic" and will award the winning team a two-foot replica of an old fashion milk can.

The traveling trophy will be up for grabs each year.

"We see it as the beginning of a Pennsylvania football tradition," said Advisory Board Chairman Don Duncan, Robesonia, who points out that Penn State got its start as a farmer's high school.

"Today," he added, "agriculture is still the number one industry in Pennsylvania and milk the number one farm commodity."

The outstanding player at the Penn State-Temple game will be

honored by the Pennsylvania Dairy Promotion Program with a miniature milk can trophy.

Nonathletes in the student bodies will also be recognized. Dairymen will donate a \$1,000 check to the scholarship fund of the winning university for academic purposes.

Similar awards will be made at the Penn State-Pittsburgh game November 22.

The Pennsylvania Dairy Promotion Program is a major advertiser on Penn State football radio and TV

broadcasts.

"We're promoting milk as a fun, trendy beverage and we expect to reach 900,000 adults each weekend," Duncan reported. "That's a huge untapped market."

More than 4,000 dairymen contribute 10 cents a hundredweight of milk to the Pennsylvania program, with \$2 million budgeted in 1986 for milk advertising, promotion, research and market development, according to Duncan.

Quality of potting soil affects plants' health

There's good news for guilty houseplant owners.

That ailing spider plant and that yellowing philodendron probably aren't victims of your neglect. It's possible that the cause of your houseplant's poor health is its potting soil.

Dark, heavy potting soils may look as rich and fertile as a farmer's field. But in a flowerpot, those dollar-a-bag soils have a tendency to choke off a plant's roots.

The heavy soils pack down over time. The compaction becomes so restrictive that roots cannot grow and water cannot be absorbed. The heavy soils are also so dense that plants suffocate, preventing vital oxygen from reaching the roots. The un-aerated roots stay damp, causing rot and fungus--two common houseplant killers.

Your prescription to a healthier houseplant is a so-called "lightweight" potting mix.

Lightweights have been used by commercial growers for years but are just now becoming popular with consumers. Aside from the excellent results they produce, lightweights are very convenient. Houseplants require less maintenance and large planters are easier to handle.

Lightweight mixes allow roots to breathe and freely extend into the soil. Oxygen and water flow to all roots because lightweights are uniformly absorbent. This also means that plant foods reach the entire root system making plants grow faster and resist disease better.

Lightweight mixes offer the typical houseplant owner a way to practice "cookbook gardening." That is, when you follow the recommendations of home gardening books, positive results will show quickly and dramatically. There's usually no need for massive pruning, relocation to the shower, or voodoo.

As the name indicates, lightweight mixes weigh about half as much as traditional potting soils of equal volume and will repot as many plants.

Lightweight mixes contain organic materials, such as composted bark or sphagnum peat moss, which retain moisture and nutrients.

The primary inorganic material found in lightweights is vermiculite, a clay mineral similar to mica that also facilitates water and nutrient retention.

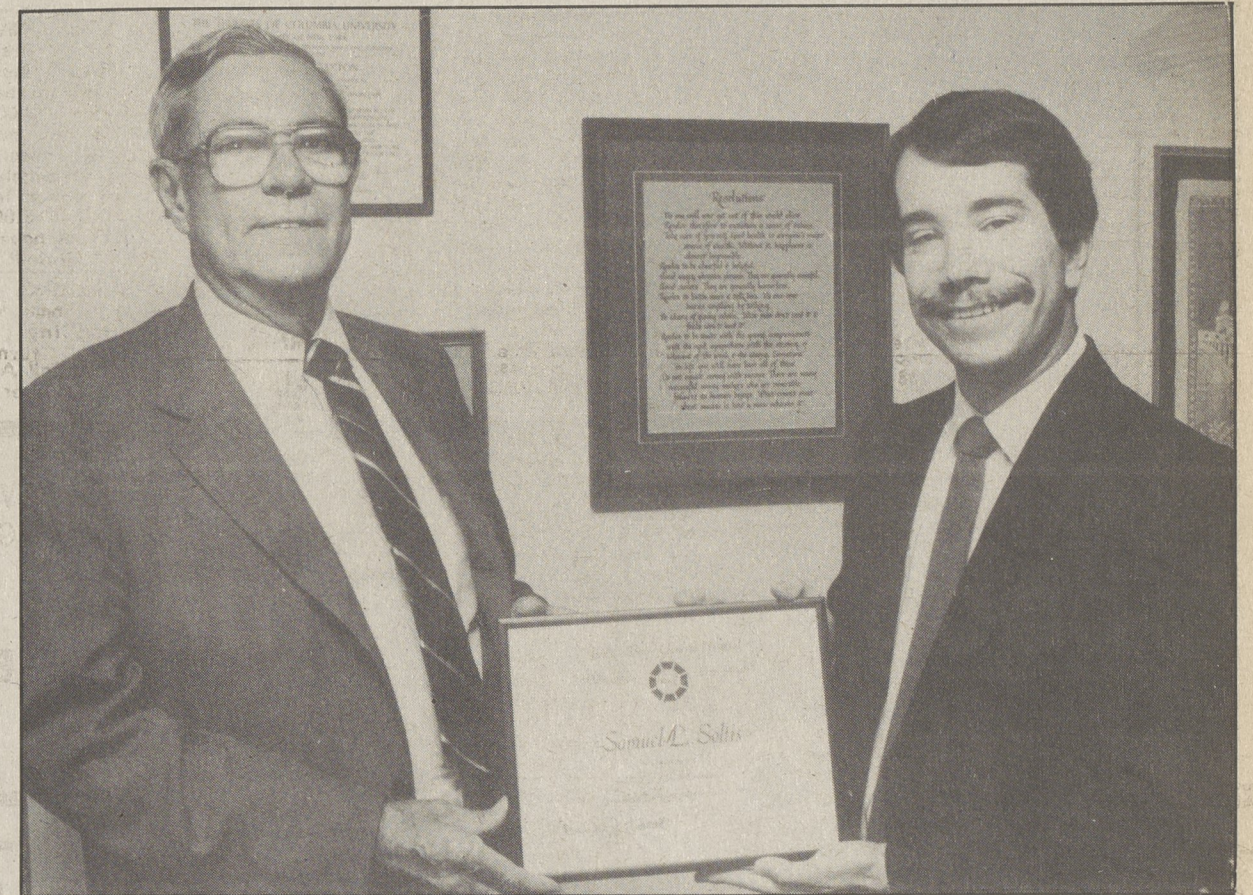
Many mixtures also include limestone for pH balance and a wetting agent to help with water absorption and or shedding.

As a baby, your houseplant started in a lightweight soil. It grew in the nursery in a lightweight. Repotting it now in a lightweight will reward you with years of beautiful growth and trouble-free care.



Family wellness

For the fifth consecutive year Blue Cross of Northeastern Pennsylvania co-sponsored Wyoming Seminary's Summer Institute on wellness. This year's workshop "Developing Wellness in Families--Parents, Educators and the Community Working Together" attracted more than 220 parents, teachers, and agency counselors to address problems faced by teenagers and their families. Reviewing the conference agenda are left, Gilbert D. Tough, Lehman, President and Chief Executive Officer of Blue Cross of Northeastern Pennsylvania and right, Dr. Wallace F. Stettler.



Post graduate work

Samuel L. Soltis, Shavertown, right, recently completed a two-year administrative fellowship at Wilkes-Barre General Hospital, and accepts a fellowship certificate from Chief Executive Officer Thomas P. Saxton, FACHE. During his first year as an administrative fellow, Soltis worked in Nursing Services Administration, where he initiated a computer-based budgeting and staffing system. He spent his second year in hospital administration, where he was involved in numerous planning and administrative activities, including obtaining a technical assistance grant for the establishment of a Geriatric Assessment Center at Wilkes-Barre General. Soltis also completed the ten-month Leadership Wilkes-Barre program this year.



Coiffure champ

Theresa Ann Weidman of Sweet Valley recently won several awards for her performance in hair styling competition in Syracuse, N.Y. Weidman, who competed with 106 other contestants at the Kayser Store, took 1st place honors in razor cutting for men and women and 4th place in perm styling for men and women. Weidman, who is entering her eighth year in the profession, owns the Theresa Ann's Unisex Salon in the Dallas Corners Building.