

# Sports



Dallas Post/Jane Renn

## Tourney committee

Shown here are members of the committee who planned the annual golf tournament sponsored by the Northeastern Pennsylvania Association of Manufacturers' Representatives. The tournament was played Thursday at Irem Temple Country Club, Dallas. From left, Vito Castelgrande, Hershey Pasta; Ted Uzdilla, The Times Leader; Tom Russ, Ralston-Purina; Bob Lampman, Carnation Co.; Bill Rowan, Gaines Foods; Don Gosart, James O. Brown; Lou DeRiggi, R.T. French Co.; Lou Melucci, Beatrice-Hunt-Wesson. Absent at the time of the photo were Phil Rossi, Daniels-Sladek; and Ted Evans, Kimberly-Clark.



Dallas Post/Jane Renn

## Zaroda tees off

Jim Zaroda of WNEP-TV-Channel 16, prepares to tee off last week in a golf tournament sponsored by the Association of Manufacturer's Representatives. The tournament was held Thursday at Irem Temple Country Club.



Dallas Post/Jane Renn

## Waiting to start

Shown here prior to their start in the Association of Manufacturers' Representative Golf Tournament Thursday are, from left, Don Sandt, IGA; John Schultz, Hershey Pasta; Jeff Brown, IGA; and Vito Castelgrand, Hershey Pasta.

## YOUTH SOCCER

### U-10 DIVISION

The Strikers marched over the Kicks 7-1 in the U-10 division. Outstanding defensive play in the goal by Strikers' Greg Bogdon and Eric Werner kept the Kicks to their one goal, scored by Rich Klick. Striker goals were scored by Adam Yarnal, Eric Werner (2), Pat Stroz (2), Ryan Bombick and Pat O'Neill. Laura Seidel assisted.

The Timbers crushed the Cosmos 5-0 with goals by Lisa Tomaine (2), Philip Gager, Ted Jackson and Carrie Ilewellyn. Jeff Farley starred as goalie for the Timbers.

In a hard fought contest, the Chiefs beat the Sockers 5-1. In the face of constant attack, Sockers goalie Charlie Malpass played an outstanding game. Chiefs goals were scored by Mike Adamshick, Jeff Kunkle, Brian Berlew, Ryan Dauksis, Mike Woronko, Robin Holeman and J.P. Cosgrove had an excellent game on defense for the Chiefs. Eric Dieffenbacher scored for the Sockers and he had a super day as an offensive player.

In the final game of the day, the Stoners closed out the Express 6-3. Excellent defensive play on both teams characterized the game. Adam Hoover and Mike Viglone were outstanding offensive players for the Express. Goals for the Stoners were kicked by Kevin MacDonald (2), Jeremy Fleeger and

Mike Vozniak. Express goals were made by Kenny Marsola with an assist by Adam Hoover and two by Adam Hoover, with an assist by Tony Cox.

**Scores of the week:** Strikers 7, Kicks 1; Timbers 5, Cosmos 0; Express 3, Stoners 6; Hurricanes 8, Stompers 2; Comets 1, Roughnecks 0.

### U-12 DIVISION

In the U-12 division the Comets remained undefeated as they defeated the Rowdies 4-2. The Rowdies got off to an early lead when Darin Dixon scored in the first quarter. The Comets then took control with two goals from Mike Wagner and one each from Sean Reynolds and Dan Lukasavage who assisted on both Wagner goals. The Rowdies attempted a comeback when David Holdredge connected with the net in the third quarter, but the Comets' defense led by Mike Depolo, Mike Fiergang, and Keith Rinehimer turned back all other Rowdies scoring attempts.

The Express continued their winning ways with a real team effort as they downed the Stoners 9-3. David Fosko led the Express effort with four goals and an assist. Tom Smiegelski connected twice with assistance from sister Jill Smiegelski. He later returned the favor allowing Jill to add a goal. Ryan Schuler and Clive Lankwarden each tallied once

for the Express. The Stoners got going later in the game with two goals by Kevin Lowery and one by Ron Moses but Express halfback Billy Camp and goalie Larry Lucarino made any further scoring a tough job for the Stoners. Dan Moses made a good effort on the Stoner's defense.

In the Roughnecks-Tornadoes game goalies David Keefer and Pat Scoble worked together with the Roughnecks defense led by Nina Mathers and Carrie Miller to shut out the Tornadoes 3-0. Offensively Sean Callahan scored two and Danny Perrotto one, despite good defensive play by the Tornadoes Billy Belles.

**Scores of the week:** Express 5, Timbers 2; Cosmos 4, Sting 3; Comets 4, Strikers 3; Chiefs 7, Stompers 0; Hurricanes 2, Stoners 1; Roughnecks 3, Rowdies 1; Chief 4, Sockers 0; Strikers 2, Kicks 1; Express 9, Stoners 3; Roughnecks 3, Tornadoes 0; Comets 4, Rowdies 2; Cosmos 5, Timbers 0.

### U-14 DIVISION

The Hurricanes stretched their record to 5-0 in the U-14 Back Mountain Soccer League by defeating the Tornadoes 5-1, and the Roughnecks 5-1. Strong defense from Brenda LaFrance, Emily Waligorski and Amy Mannear allowed

(See YOUTH, page 12)

## Geisinger sponsors program

With the acute awareness in the media of how the way we live can affect our health, Geisinger has developed an innovative Health Promotion program for their employees, businesses and industry. As part of the kickoff campaign for this program, a special event has been planned for October 5, 1986.

The Geisinger Family Fitness challenge is a family-oriented walk of various distances, ranging from 1.3-6.2 miles.

As part of this event, Mr. Robert Sweetgall a former Dupont chemical engineer who literally walked across America will be in Danville from October 2 - October 5. He will be speaking to the community, businesses, and Geisinger employees about his experience and the benefits of walking for health. These sessions are open to all on October 2 and October 4 at 7:30 p.m. in the Geisinger Medical Center Hemelright Auditorium.

## Infantry is seeking men

The 100th Infantry Division Association is looking for men who served in the 100th from 1942 to 1945 in World War II.

The 100th "Century" Division fought in France and Germany as part of the Seventh Army in the Rhineland, Ardennes-Alsace and Central European campaigns. Over 25,000 men served in the 100th.

For more information contact William H. Young, 307 N. Main St., North Wales, PA 19454.

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## Do you suffer from job stress?

Do you feel frustrated, overwhelmed, disappointed or distressed with your work most of the time? Are you always rushing to get the job done, panicking over some detail, or fretting about the quality of your work? If so, you may be experiencing job stress.

Stress is often caused by other people such as a demanding boss or an uncooperative co-workers. But sometimes we are our own worst enemies by unnecessarily creating

our own stress. For example, do you set unrealistic goals, expect perfection all the time and fail to tolerate mistakes in yourself and others?

There is no one answer or solution to managing job stress. Only by assessing your own individual situation can you find the remedy that is right for you. However, experts on job burnout give these pointers for minimizing the pressures you put on yourself:

1. If a project seems overwhelm-

ing, try breaking it down into smaller tasks and tackle them one at a time.

2. If you're confronting a problem, ask other people how they would handle it. One of your co-workers may have faced a similar problem.

3. Your work is important, but don't overemphasize it. The sun doesn't rise and fall on your every move.

4. Avoid cramming too much work in from 9 to 5.

## Soccer

(Continued from page 9)

The teams went into the fourth period tied at 3-3 and Scharff scored on a hat trick, scoring on a direct kick at 3:18, scoring unassisted at 11:00 and scoring the third goal of the final period at 11:30 unassisted. His direct kick was scored on a penalty kick in the period.

Crestwood took an early 1-0 lead in the first period on Chris Dolfi's score unassisted at 9:30 of the period. Scharff scored his first goal of the game 4:07 later unassisted, to tie the score.

In the second period, Crestwood went in front 2-1 when Chuck Attardo scored at 7:20 unassisted. Knight Mark Bonsavage off an assist by Matt Reinert tied it at 2-2 with a goal at 7:28 and Scharff put the Knights in front 3-2 with a score unassisted at 9:10 into the third period.

Scharff scored as many goals earlier in the week when he put five in the cage to lead the Knights to a 6-2 win over Valley West.

### HARD-FOUGHT BATTLE

The Knights and Spartans battled hard in the first period but neither team was able to score. Mike Bevevino missed shots for Valley West and Matt Reinert lost a golden opportunity when his line drive shot was stopped by the Spartans goalkeeper.

### PARRY SCORES

Rick Parry scored the first goal for the Knights off an assist by Scharff at 11:05 into the second period and Scharff made it 2-0 when he scored off an assist by Parry at the 12:46 mark. Scharff scored again on a penalty kick at 13:14 into the third period to give the Knights

a 3-0 lead but Brian Rifkin gave the Spartans their first point when he kicked in his first goal of the year at the 15:20 mark. Scharff opened the fourth period with a score only :43 into the period when Valley West's Carles Carpenter cut the lead to 4-2 when he put a shot over Mark Rogowski's head at 5:55.

Scharff continued his scoring and put in his fourth goal of the game at the 7:44 mark unassisted to give Lake-Lehman a 5-2 lead. His final score of the game was at the 9:31 mark on an assist from Bonsavage to give the Knights the 6-2 win.

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