



**Chiefs**

Members of the Chiefs from the Back Mountain Youth Soccer League are shown here. From left, first row, Eve Figueroa, Brad Fleeger, Brad Wedemeyer, Ken Chapple, Brian Matosky, Kevin Chapple, Seth Marlatt, Kristin Miller and Holly Manneer. Second row, Mark Oberstaedt, Coach; Steve Sammarco, Assistant Coach; Megan Stair, Matt Bailey, Jack Sordani, Jason Bowen, Jake Jackiewicz, Casey Kernag, Ken Chapple, Assistant Coach; Jim Jackiewicz, Assistant Coach.



**Hurricanes**

Members of the Hurricanes of the Back Mountain Youth Soccer League are shown here. From left, first row, Corey Rozelle, Will Saba, John Oliver, Chris O'Brien, Keri Bachman, Janel Burakiewicz. Second row, Therese Paxton, Mike Koch, David Townsend, Mike Lykon, Robert Lawrence, Rocco Policare, Krista Greger, Debbie Greger, Manager. Third row, Bob Lawrence, Assistant Coach; Jim Greger, Coach; John Koch, Assistant Coach.



**Strikers**

Members of the Strikers from the Back Mountain Youth Soccer League are shown here. From left, first row, Tracy Heffron, Shannon Stair, Megan Heffron, Katie Moylan, Joe LaNunziata, Matt Myers and Mike Schrlau. Second row, Ron Loeffler, Coach; Kevin Loeffler, Kevin Sours, Pat Costello, Jed Aston, Heather Picchi, Charlie Siglin, Sean Loeffler, Assistant Coach.

**Vitamin C is something we should have**

Scurvy, the vitamin C deficiency disease, is probably the oldest recognized deficiency disease. Scurvy probably was responsible for most of the deaths among the Pilgrims in the Massachusetts Bay Colony during that first hard winter. In 1986, scurvy is not the common occurrence it was during the 19th century and earlier.

Although vitamin C is a rather simple substance - it is composed of the same chemical elements that make up sugar, but they are arranged in differ-

ent combinations - scientists are still investigating its functions in the body, according to Dairy, Food and Nutrition Council.

Among the most popular sources of vitamin C are citrus fruits. Other good sources include strawberries, cantaloupe and a number of green, leafy vegetables.

Vitamin C is the most unstable vitamin. It is destroyed when exposed to air, light, heat and metals such as copper and iron. Foods high in vitamin C should be used promptly, kept refrigerated or frozen, and cooked quickly in small amounts of liquid or by steaming.

Vitamin C - ascorbic acid - plays a primary role in the substance called collagen which binds body cells together. Collagen is important for the growth

and repair of body tissue cells, for health gums and blood vessels, for sound bones and teeth. The absorption of iron is enhanced when vitamin C and iron are eaten together.

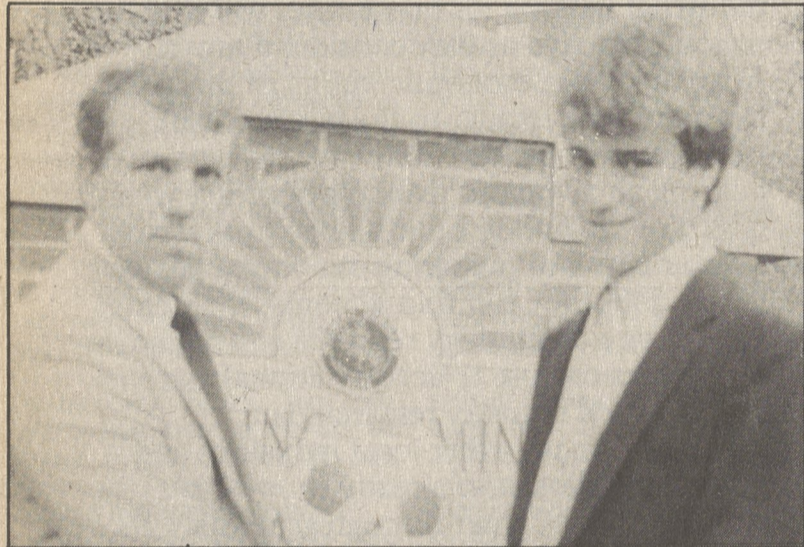
When discussing how much vitamin C we need, a number of factors come into play. Pregnancy increases the need for vitamin C. Recent studies indicate that smoking seems to interfere with the use of vitamin C.

Although vitamin C functions in protecting the body against infections, at present there is not enough evidence to substantiate reports that large doses of vitamin C are beneficial in preventing common colds. There is evidence that excessive intake produces harmful effects.

Good food sources of vitamin C need to be eaten each day because as a water-soluble vitamin, it is not stored to any extent.

**Heydt honored**

Wyoming Seminary senior David Heydt, son of Dr. and Mrs. Stuart Heydt, Shavertown, was recently recognized by the school's athletic department for establishing two new records for the soccer program. Here, Tom Rokita, left, coach of Wyoming Seminary's soccer team, presents Heydt with a special game ball to recognize his efforts.



DUNCAN LEWIS DUNCAN LEWIS DUNCAN LEWIS DUNCAN LEWIS

**LEWIS DUNCAN**  
A Quality Sporting Goods Store

**4 DAYS ONLY**  
Sun., Nov. 30 to  
Wed., Dec. 3, 1986  
**20% OFF**

White Fir  
Ski Jackets &  
Ski Pants

**20% OFF**  
All Warm-Up  
Suits\*  
\*Separates Not  
Included

**40% OFF**  
Special Selection  
Of Men's & Ladies'  
GOLF SHOES

1986 SWALLOW SKI PACKAGE (For Beginners To Intermediates)	
Swallow (RTS) SX7 Sprint ski .....	\$165.00
Tyrolia 170 Binding w/Broke	85.00
Poles	14.95
Mounting	15.00
<b>\$279.95</b>	<b>\$154<sup>95</sup></b> Save \$125

BONUS W/Purchase Of Ski Pkg. 20% OFF ANY REGULARLY PRICED SKI BOOT

Select Christmas Gifts Now And  
**AWAY**

**LEWIS DUNCAN**  
NARROWS SHOPPING CENTER  
EDWARDSVILLE 287-1181

DUNCAN LEWIS DUNCAN LEWIS DUNCAN LEWIS DUNCAN LEWIS

COUPON

**AGWAY**  
ENERGY PRODUCTS  
FUELS · SERVICE · EQUIPMENT  
60 Pittston Ave., Yatesville, PA 18640  
**654-7071 — 829-4466**

**1 GALLON OF  
FREE HEATING OIL  
OUT OF EVERY  
10 YOU BUY**

Get 1 gallon of heating oil FREE out of every 10 you purchase on your first fill-up. Offer good only for new Agway Energy Products customers who sign up for Automatic Delivery. Bonus offer to be instantly applied.

Return this coupon to Agway Energy Products, or call us today.

**Yes,** I want to become a new Agway Energy Products Automatic Delivery customer and get 1 gallon of FREE heating oil out of every 10 I buy on my first delivery.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Best time to call \_\_\_\_\_ AM \_\_\_\_\_ PM

Offer good on first delivery to new Agway Energy Products customers who sign up for automatic delivery. Offer is instantly applied. Offer expires December 31, 1986. Limit one coupon per household. Maximum free heating oil per household: 100 gallons. Bonus offer does not apply to cash price.

I know someone else who may switch to Agway Energy Products. Call me so I can earn a \$20 Good Neighbor referral credit!

I understand I must be an Agway Energy Products customer to get my \$20 credit for each referral who becomes a new Agway Energy Products automatic delivery customer. Offer expires December 31, 1986.

COUPON

**TAKE  
YOUR  
BEST SHOT.  
WORRY FREE.  
NEW MINOLTA  
FREEDOM III**

- Precise infrared autofocus.
- Advanced automatic exposure system.
- Total freedom film transport.
- Auto switch-over flash.
- LCD information panel.

Minolta Accessory Package FREE With The Purchase Of Any Minolta Freedom Camera Offer Expires 12/7/86

**DALLAS PHOTO SHOP**  
447-449 MEMORIAL HIGHWAY  
Phone: 675-8800

Your Processing Headquarters In The Back Mtn.  
"PHOTOGRAPHY IS OUR ONLY BUSINESS"